

Star Presidian

Vol. 27, No. 1

"Published in the interest of the personnel of the Presidio of San Francisco."

January 5, 1984

Pay raise date clarified

Presidio civilian employees will receive a 3.5 percent pay raise effective January 3, 1984, not January 1, as was reported in the last edition of the *Star Presidian*.

According to Sgt. Maj. F. Olin, finance sergeant major for Presidio's Finance and Accounting Office, the pay raise should be reflected in this month's second pay period, retroactive to January 3.

However, Presidio soldiers will receive their 4 percent raise effective January 1, although they will receive their raise in a lump sum at the end of the month. Their raise will be retroactive to January 1.

The military pay increase affects active duty soldiers, reservists and National Guardsmen. The only soldiers not getting raises are privates with less than four months' service.

College courses begin

If you need beginning college courses but haven't been participating in the on post college program, give it some thought. Are you picturing a stuffy old professor who uses words that only a Ph.D. can understand? Maybe you remember your last insufferably boring high school English class and expect a rerun of this experience? Think again!

Soldiers who completed on post courses during the fall semester, which ended in December 1983, formally and confidentially evaluated their courses and instructors. Here are some actual samples of what they wrote:

"I could not have asked for a finer teacher."

"(Instructor) seems to really love what she is teaching and cares about individual students."

"Inspires you to learn, not memorize."

"So far, every instructor that I have had from San Francisco State University has been excellent."

Heard enough? The next step is to enroll in January for on-post courses. Look for the yellow flyer inside this week's *Star Presidian*, or contact your Education Center at Ft. Scott, Bldg. 1216, or LAMC at ext. 1007.

CPO hosts meeting

The Civilian Personnel Office will host a meeting on Tuesday, January 17, for nonsupervisory civilian personnel. The meeting will be held from 10 a.m. to 11 a.m. in the Training Room, Bldg. 37. General information on the Position Management and Classification program will be given and general questions will be answered. Space is limited and will be on a first come/first served basis.

Recycling drive slated

Recycling for January will take place this Saturday, Jan 7, 1984. Quarters residents are reminded to have newspapers and all-aluminum cans ready for pickup between the hours of 10:00 a.m. to 3:00 p.m. All proceeds from recycling go to the Boy Scouts, Girl Scouts, Parent Youth Club and Aquarius Swim Club. In case of rain, there will be no recycling. However, cans and newspapers can be dropped off at the recycling point, located next to building 661 at any time.

Dates set for gym closures

Gym No. 1

Post Gym No. 1, building 63, will be closed all day Sunday, January 15, while the Physical Aptitude Examination for West Point is conducted. The next examination date is March 4.

Gym No. 2

Post Gym No. 2, building 1152, will be closed for the next two to three weeks while the basketball court is refinished.

However, the pool will be open on January 15 only, from 9 a.m. to 7:30 p.m.

Gym No. 3

Post Gym No. 3, building 1126, will be closed on Saturdays until further notice. Patrons are invited to use Gym No. 1, which is open every Saturday from 9 a.m. until 7 p.m.



photo by Richard Wetzel

Heave ho!

Members of D. Co. 864th Engr. Bn. prepare to toss the remnants of a fallen tree onto a vehicle piled with storm refuse.

Grange thanks Presidians

At the beginning of the new year I believe it important to reflect upon the many accomplishments of 1983. We have all enjoyed a very successful year. On behalf of all the members of the Sixth US Army, I want to express our heartfelt appreciation to you and all the military and civilians who serve the US Army on the Presidio for your outstanding support in 1983.

The true test of character is often measured by how well one reacts to adversity. Every member of the Presidio staff was tested repeatedly early in the year by the effects of a series of terrible winter storms. The damage was devastating. The recovery from that damage was in itself a success story. In spite of repeated adversity, the personnel of the Presidio accomplished every assigned mission in 1983 in a superb manner.

You can all take great pride in your many accomplishments during 1983. It is my hope that you will give this letter of appreciation the widest possible distribution so that every member of your command and their families can see how proud I am of their magnificent individual and collective efforts.

May you continue the many achievements of 1983 into 1984 and may every member of the Presidio family enjoy health, happiness, and continued success in the coming year.

David E. Grange, Jr.

David E. Grange, Jr.
Lieutenant General, USA
Commanding.

Intelligence unit donates toys

by Bob Walker

Children at the LAMC pediatric ward were happy when two minds teamed up to devise a plan to get Santa Claus to make a 'special' visit to the 5th floor pediatrics ward on December 23, brightening their holiday stay there.

1st Lt. Robert E. Hayhurst, assistant administrator of the LAMC pediatric clinic heard through the grapevine that 2nd Lt. Susan E. Hannan, INSCOM Counter Intelligence Bn. S2/security manager had people in her unit who wanted to do something for the children who had to spend Christmas in the hospital. Hayhurst had already been planning to get something special arranged for the hospitalized kids.

Hannan played the major role in organizing the INSCOM counterintelligence battalion's Christmas program. She reflected back to her church experiences in Illinois and thought it would be nice if the MI battalion soldiers could do something special for the children in the pediatric ward here.

Through her determination, people from the MI battalion had the opportunity to experience the joy of giving. According to Lt. Col. John A. McCloud, MI battalion commander, "this was not simply a mere gesture, but rather an expression on the part of our soldiers for their community — it came from their hearts."

Hayhurst said, "about 45 packages were received from the MI battalion, which allowed for three presents to be presented by Santa Claus to each child."

"There was even an excess of presents which were in part given to a patient undergoing a serious operation, who is the mother of five boys. She was very happy,

because it helped to brighten the family's holiday," Hayhurst said.

How do some of those involved in the activity feel about it?

Kemmling said, "it was great to see the faces of the kids light up at all the presents."

Crawford added that, "it's great, more people should participate to help the needy."

"I'm so pleased about the project. We'll probably make it an annual activity. The purpose is highly commendable," McCloud said.

"Whatever we can do to help our soldiers and their family members is worthwhile. It's really great," commented MSgt. Paul K. Wells of the MI battalion.

Capt. Terese M. Maliga, pediatric resident, said, "it was really nice, the kids were all excited. I'd like to see this done every year. Santa came and handed the presents out individually alongside the Christmas tree. the kids were really thrilled. The music helped to brighten the day. Santa even gave apples to the Docs."

"We feel really good that the kids are being taken care of. It's good that the Army takes care of its soldiers and their family members. We're really grateful to the MI battalion. Hopefully we can make the occasion an ongoing thing in 1984," Hayhurst said.

Both Hayhurst and Hannan commented that there are a lot of people behind the scenes - the unsung heroes, which include all the contributors and the doctors and nurses that help the children through the difficult holiday season hospital stay.

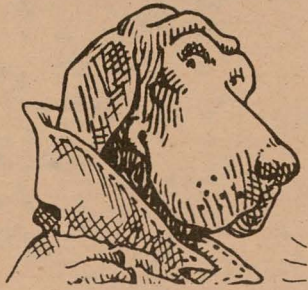
It took only two minds to come up with a great idea, but it took many people to make it a truly joyous and festive success for all the children.



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Opinions

TAKE A BITE OUT OF CRIME



CRIME WATCH

Thanks to the combined efforts of the Crime Prevention Office and the residents of the Presidio, crimes during the holiday season were minimal. In fact, due to the involvement of concerned citizens, several perpetrators were prevented from carrying out crimes. The involvement of Presidio residents in the crime prevention program and activities is one of the essential ingredients necessary to reduce opportunities for criminal activities.

Thanks to the efforts of the military police and the Presidio Club System, only one person was apprehended for driving under the influence over the holiday season. Additionally, this individual was apprehended after a tip was received by the MP's from a concerned citizen. Proactive patrolling by the military police led to the apprehension of five drivers for violation of the open container law, preventing them from potentially becoming drunk drivers. Also, a military escort program for drunk drivers was well advertised by the club managers and the Star Presidian. A num-

ber of people took advantage of this courtesy program, keeping impaired drivers off Presidio streets.

Because of the increased awareness of the Presidio residents to crime prevention and personal security, crimes were down significantly during the holiday season. The following facts are presented to highlight this idea, and to encourage you to continue practicing crime prevention.

IT DOES WORK FOR YOU!

CRIME REPORT

Shoplifting during the month of December decreased 70 percent from 1982 to 1983.

There was only one incident of DUI during the holiday season.

No cases of purse snatching, pickpocketing or assault were reported during the holiday season. Larcenies during the month of December decreased 33 percent compared to October and November larcenies.

Thanks to you and your individual efforts, crime prevention *does* work on the Presidio.

Ramblin' Sam

"What New Year's resolution are you *least* likely to keep?"



E5 Barbara Mencer, Radio Communications, Navy Supply Center, Oakland, "To stop cursing as I just had a baby and I don't want to curse around her. My previous assignment had lots of tension which caused me to curse."



Sharlys Crisafulli, family member, "To keep up with letters and getting things done on time."



Sgt. Maj. Doyle Brown, 6A Staff Medical Advisor's office, "To quit smoking."



Cleone Thelen, retiree family member, "My resolution is to not eat so much junk food."

Action Line

I was very curious why the main gym number one only has two shower heads for the women in the locker room. This can cause a lot of trouble especially after different aerobic classes when there are 15-20 women standing in line to take a shower and they are all have to hurry after their lunch break to return to work. I was wondering if there could be some way the problem can be alleviated possibly by adding more shower heads or another room, especially since I've heard the men have many more shower heads than the women. I also notice the locker room is not clean very often. I would appreciate a reply to why it's not clean so often.

Name Withheld

There has been a substantial

increase in female users of Post Gym No. 1. The Sports Branch took action on July 6, 1983 and submitted a work order request to the Directorate of Engineering and Housing. The work order is a request to remodel the women's locker room. It should more than double the capacity of the facility. The request has been approved by the New Work Review Board and the project is now in design stages.

The women's locker room is cleaned each morning, Monday through Friday by contract janitorial service. The Sports Branch personnel check the locker room periodically during the day and take corrective action where needed. If you notice unsatisfactory conditions, please inform Sports Branch personnel and immediate action will be taken.

Your interest is greatly appreciated. We want to provide the best service and facilities possible. Thank you very

much for your concern.

Tom Robinson
Morale Support Officer

I would like to know why the Military Clothing Store here doesn't carry Army issue ponchos, realizing that Army men aren't allowed to carry umbrellas, in spite of the wet climate that is so common to the area at this time of year? Could the Post adopt a variance in Army regs, if it is so impractical for Military Clothing to stock ponchos?

Name Withheld

The demand for Army issue ponchos has not been sufficient to warrant stockage at the Presidio Military Clothing Sales Store.

This item has always been available by 'Special Request' for personnel having a requirement for such an item.

Christopher D. Kriesler
Retail Manager (AMCSS)

The Presidio bulletin dated

November 23, 1983, contains a paragraph submitted by DEH stating they can not repair or replace non-functioning street lights nor can they tell the contractor where to work. On Monday, November 28, I was a passenger in a car involved in an accident in front of Letterman Hospital in which we struck a pedestrian. There were two non-functioning street lights in that area. Had they been working, the driver in all probability would have seen the individual. I find it incredible that DEH can do nothing even for safety's sake. I'm sure the woman whose head shattered the windshield would like someone to take hte pains to find a solution to this situation.

Name Withheld

The solution is as described in the Weekly Bulletin. Competitive bidding is the current method of obtaining contractors to do needed construction work. To be competitive, and to get the

lowest price thus saving the taxpayers money, the work proposal must give the potential contractor sufficient time to do the work. The contractor cannot be interfered with, or again the government will be liable for additional payments to the contractor. This situation has been repeatedly upheld in numerous construction dispute settlements. The sufficient time in this case is six months.

The DEH electrical branch maintains a liaison with the street light contractor. We are required to cut power and restore power to the various areas of the contract when the contractor requests. The lights in question on Letterman Drive will be repaired through coordination with the contractor. This is being done to alleviate the recognized safety hazard.

Thomas J. Edgerton
LTC, CE
Dir, Engineering
and Housing.

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Opinions

In-processing—the ‘ins’ and of the game

Sergeant, it sure was nice that you sent one of the guys to pick me up at the airport. It would have been a real hassle for me to get to Presidio on my own.

So now I have to go to the company and sign in that I'm here and get my linen and key to my room in the barracks. OK! Thanks, Sergeant.

Good afternoon, First Sergeant. It's nice to meet you. Yes, I do have a family back home. They'll be moving out here as soon as I find an apartment. So now I have to sign in and start in-processing. Yes, First Sergeant.

Yes, Specialist, those PT scores are correct, and so are my other scores from Basic. I guess I get to sign my life away again. Yes, this will be my new address for me to receive my mail and thanks for showing me how to open the mailbox. So now I continue my in-processing a

week from Tuesday at Compact in Bldg. 87 at 9 a.m. I must take my 201 file, copies of my orders, my DF for my appointment, my DA 31 leave form, my Finance records, and my medical records, and any documents/orders I will need to update my records, right? Thanks, Specialist.

Good morning, Ma'am. Yes, Ma'am, all of my records seem to be correct and complete. So now I go to Finance and it takes at least an hour? It sure takes time to process!

Good morning, Sir. I just arrived and am here to in-process. I flew here from Ft. Ben Harrison, Sir. You say they overpaid me for travel because I flew instead of drove out here with my family from back East? Sir, it sure hurts to have to sign to have the overpayment taken out of my next paycheck. I guess they just made a mistake. Everything else is in order? Good, thank you, Sir.

Now I have to get this in-processing checklist checked off to show that I've been to all these places.

I guess I'll start off at LAMC outpatient records on the second floor.

I'm in-processing, Ma'am. Yes, this information is correct. Great, I've got my medical ID now.

On to the immunization clinic in Bldg. 1016. I should be all set, I had everything in Basic. What, I have to get three immunizations? Boosters?!!

Now the dental clinic. I get X-rayed first? All right. They look okay? That's good. Make an appointment to have my teeth cleaned? Yes Sir! What about my wisdom teeth? I've been told I should have them taken out as I don't have room for them. Go over to dental surgery and have them look at them? Okay. Yes, they should come out — make an appointment? Yes, Sir! Now I have two appointments — one to have them cleaned and one to

have four wisdom teeth pulled.

I guess family housing is next.

I'm in-processing, Ma'am, and I need to get my name on the housing list. My name goes on the Priority 5 list or ineligible list? How long will it take to get housing for my family — about six to eight weeks you think? Well, that's not too bad.

On to Army Community Services in Bldg. 214.

Thank you for the information packet, Ma'am. I'm sure it will be a big help to me. Gee, that was quick.

Oh, boy, I'm almost through with the checklist. I'll go to the Education Center in Bldg. 1216 now.

So going by my GT scores, you feel that I should consider Officer Candidate School? Great! I'll talk it over with my family.

Great, the last stop is the Orientation Briefing which isn't until the third Tuesday of the month at the Post Chapel.

It was long, but interesting. I heard from many people, from offices such as outdoor rec, the rec center, the post sergeant major, the chaplain, public affairs, and AAFES.

Now it's back to the company with everything initialed as directed by Compact. At long last I've completed my in-processing. Whew!

Welcome to the Presidio, soldier!

Action Line

My complaint concerns the current urinalysis drug screening policy at Letterman Army Medical Center which was to change July 1 according to the comment made by the LAMC public advisor in the Action Line around early July. On July 20 the Intensive Care Unit was tested.

I have two questions: Why does this discrimination and harassment between ranks continue? What happened to the new policy that was supposed to take effect July 1?

Name Withheld

LAMC's policy that both enlisted soldiers and officers are subject to drug urine screen-

-ing is in effect. After LAMC instituted this policy, the Surgeon General reaffirmed LAMC's policy by publishing guidance stating that all health care professionals are subject to the screening annually, or at least as often as local quotas permit.

Explaining or justifying the incident of "enlisted only" screening alluded to in the query would simply exacerbate feelings about a situation made obsolete by the institution of the new policy.

A. Gordon Hennessy
Colonel, MSC
Executive Officer

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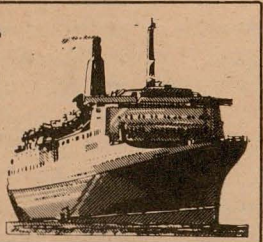
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Engineers, DEH clean-up results of storm

by Bob Walker

Mother Nature has taken a slight lead over the Presidio Storm Clean-up team, making the score 1-0. The Storm Clean-up team is getting their defense prepared for the next move by Mother Nature.

The December 3, 1983 storm clean-up is still under way. According to Lt. James R. Curl, operations officer at DEH, "about half of the roads and grounds people from DEH and a platoon from D company, 864th Engineers are working to clean up the effects of the storm. The clean-up is run from DEH where the roads and grounds section and the 864th report for taskings, priorities and also to report progress. DEH has a handle on what's 'down' on Presidio, establishes priorities and assigns people to clean up the debris.

"Our first priority is with removing large branches and trunks from housing areas, where they can be a danger. We're putting them in a dump site at the end of Portola Street. This does not include stumps. 'Stumping' is a very difficult operation which we plan to handle later in-house or with a contractor," Curl commented.

The 864th is currently working on the top priority Pershing housing area. They are clearing wood in the housing area and in the woods adjacent to it. They'll remain there until they have completed the effort, probably until about mid-January, Curl said.

"The DEH in-house crew is working within other housing areas where the trees are endangering traffic flow, power lines and houses. It's going slowly — there are a lot of trees down," Curl added.

Curl said, "a request for additional help has been made to FORSCOM (Forces Command) and will come in the form of B Company 14th Engineer Battalion at Ft. Ord. They will be arriving early this month and will put in about two or three weeks of cleanup work. If more major storms come we will ask for ad-

ditional assistance from FORSCOM."

Curl went on to say, "funding at this time for the clean-up is coming strictly out of house, so some projects aren't going to get completed that we had scheduled for this year unless additional funds are forthcoming. In light of current budget cuts that we are receiving from FORSCOM, whether we get additional funds is somewhat speculative."

"Last year's storms we estimated at costing Presidio approximately \$2 million dollars which included clean-up, all the damage to buildings, power and water lines. The December 3 storm we estimate will cost the Presidio about \$350,000 to totally clean up. Assuming that we would actually get some troop labor, we asked FORSCOM for \$260,000 as troop labor is not a funded cost," Curl said.

What's being done to curb the fallen tree problem in the future?

Curl said, "on the short range we have quite adequate preparations for storm damages. We have an emergency notification system set up in both DEH and the 864th. That's really about all you can do on the short term. On the long term our reforestation project and proper forest management will be the answer."

The work order desk at DEH is operational 24 hours a day and seven days a week by calling 561-2104. You can call this number when you have a tree down or when you have one that you feel is threatening. It's the same number you would use for any other emergency work order.

What effect do the storms have on the beauty of Presidio and the reforestation program?

"Actually, it is helping the reforestation program by making the public more aware of the need for a deliberate reforestation effort on Presidio. It's like a sewer or a water line — as long as it's working, you don't think about it. As soon as something happens, it gets noticed. These storms are making everybody notice our forest management problems," Curl said.

The storms also create some added litter, but generally people police their own areas, taking care of much of the problem.

According to Lt. Col. Thomas J. Edgerton, director of engineering and housing, the



photos by Richard Wetzel

Sgt. Mark Juel helps in clearing storm debris from refuse-littered woods.

reforestation plans call for planting Monterey Cypress, Monterey Pine, Eucalyptus, Torrey Pine, Redwood, Italian Stone Pine and Shore Pine.

"The tree selection we have is as good as you can get for the growing conditions here, said Peter Straub, a landscape architect at DEH.

Those residents affected by the storms can help the clean-up by clearing branches and debris from their yards and hauling it to the nearest designated point. Regular rounds are made to these points to remove branches and debris. If you don't know where your local collection point is, the senior occupant in your housing area should be able to give you that information. If people could pick up branches and debris in their own yards and deposit it at their local pick-up point, it would speed up the post clean-up efforts and it would be greatly appreciated by all concerned.

Presidio residents may get firewood from the Ft. Scott wood lot. We don't want people going out and cutting up wood in their own yard or area. You can take wood that has already been cut or cut your own wood at the wood lot in Ft. Scott. We have not opened up Presidio to non-Presidio residents, as we did last year," said Curl.

The contest between the Storm Clean-up team and Mother Nature isn't over yet. The Clean-up team not only plans to tie the score, they plan to win!



Pvt. Bill Nelson heaves a severed tree limb to a waiting pick-up vehicle.

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Photo Lab prints pictures worth a thousand words

by Richard Wetzel

Since the beginning of time, man has occupied himself with the recordings of his thoughts, achievements and failures. From the earliest Egyptian art, to the latest film produced in Hollywood, he has sought to document the disasters, blessings, and everyday goings on his eyes have witnessed.

The Army, like any organization or suburban family, has opted for the same; recording its' history. The Army Museum on post, has a wide selection of 'ancient' photographs, which show the growth and progress of today's Army.

In order to continue this visual diary the Presidio has its own Photo Facility located in building 603. Complete with black and white and color developing capabilities, portrait studios and trained photographers, the Presidio is prepared to document it's own current events and projects.

"The Army needs a photograph of almost everything," claimed Benjamin Chin, Photo Facility Chief. "We

take photographs of promotions, change of command ceremonies, construction projects, portraits, passport photos, maps and the overall landscape of the post."

"We mainly support the Presidio and it's sub-installations and tenant units. We are now supporting reserve units in Northern California, by processing their film," Chin continued.

There's a lot more to documenting the Presidio than just "snapping the button." The film is developed in special tanks with varying chemicals, dried, and then another developing process is done, from which prints are made.

"Now a photographer has to be much more knowledgeable in electronics," Chin explained. "Most of our machinery is electronic, like the color processor and the studio camera equipment."

While the developing stages may have grown more complicated with time and machinery, lead photographer Don Smith feels the camera industry has invented an "almost

fool-proof camera, with automatic exposures and built-in light meters. The photographer has a better chance to get a good photograph while spending more time concentrating on composition."

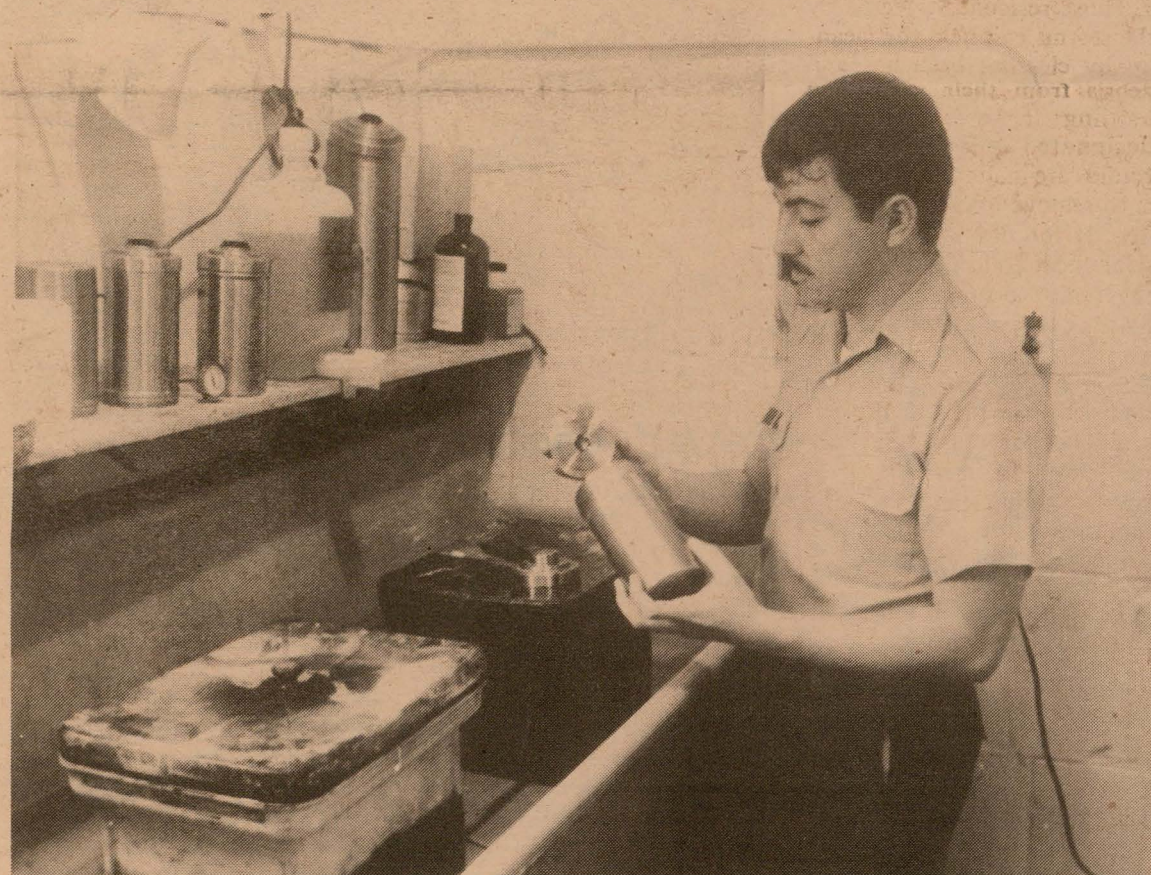
As the lead photographer, Smith is responsible for assigning the work and checking projects for completion and quality.

The Photo Facility is headed by the Directorate of Plans, Training and Security (DPT-SEC). It employs nine people, including four soldiers. Two of the soldiers, Sp4 Felicia Peters and PFC Richard Burkey hold a 84C20 MOS or motion picture specialist. They were trained in still photography by the other photographers. "We got a lot of on the job training," Peters explained.

Smith estimates that the lab prints as many as 1,500 black and white photographs a month. It is these photographs, even of the simplest of ceremonies, that will someday be looked upon as history, a focus on the past.



Peters picks up prints with prongs to avoid finger prints and other unnecessary marks.



photos by Richard Wetzel

Richard Burkey adds exposed film to the developing tank. A moment of inattention can ruin an entire day's worth of work.



Felicia Peters checks the aperture setting for a correct exposure on the enlarger.

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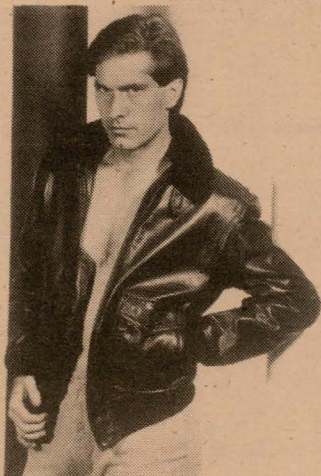
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Community Calendar

Parents' class

Child Development Services will offer Parent Effectiveness classes beginning Wednesday, January 25, 7:00-9:00 p.m. Classes will be held at the Child Development Center, Bldg. 569. The 24 hours of instruction (10-11 sessions) will focus on listening skills (yours and your child's), on problem ownership, on active listening, and on problem solving (a six-step process that really helps). Parent Effectiveness classes can provide parents with new listening and problem solving skills which can improve communication with others and reduce parent-child conflicts. The class instructor will be Ms. Karen Jupe, Family Services Director. Registration for the Parent Effectiveness classes is now being accepted at the Child Development Center, Bldg. 569. For additional information, call Ms. Jupe at 561-4712.

Rec. Center

New books and maps at the ITT Desk: *Temporary Military Lodging Around the World*. Travel on less per day the military way. Cost is \$4.75, reduced from \$5.95. *Military Camping and Rec Areas Around the World*, cost is \$4.75, reduced from \$5.95. *Military Space A Air Opportunities Around the World*, cost is \$8.50, reduced from \$9.95. Inn Guide and Di-

rectory for the Bed and Breakfast Assoc. of Napa Valley, cost is \$1. The San Francisco Visitors Map cost is 25¢.

Flea market

LOG CABIN Flea Market will be held Sat., Jan. 21 from 11:00-4:00 p.m. Cost is \$5 per table for those who wish to sell items.

Single parents

The Single Parent Support Group will have its next meeting at the Religious Activities Center, building 682, at 7 p.m., on December 13. All single parents are invited to come and share successes and challenges and meet with others who share your concerns. Refreshments and childcare will be provided during the one-hour meeting.

Ski trips, classes

Ski Trip number three is a one day trip to Kirkwood, South Shore, Lake Tahoe on Sat., Feb. 4. Cost is \$45 per person. Fifty percent upon sign-up, with remainder due no later than Jan. 20. Cost includes transportation, ski lift ticket, skis, boots and poles. Ski Trip number four is a three day trip to South Shore, Lake Tahoe Feb. 24, 25 and 26. Cost is \$55 per person (skiers); \$50 per person (nonskiers). Fifty percent payable upon sign-up, with remainder due

no later than Feb. 8. Cost includes transportation, two nights lodging (two per room) at the Condor Lodge, skis, boots and poles (skiers only). Two-for-one breakfast and other amenities will be made available. Those eligible are active duty, family members (12 years or older, accompanied by an adult), retirees, reservists and DOD civilians. Space is limited, so sign up now to be assured a seat on the bus.

Ski Orientation Classes:

Classes on safety and maintenance will be conducted by Outdoor Recreation for the month of January as follows: Thurs., Jan. 5 at 5:00 p.m., Thurs., Jan. 12 at 12:00 p.m., Thurs., Jan. 19 at 5:00 p.m., and Tues., Jan. 24 at 5:00 p.m., Bldg. 92., Outdoor Recreation. Authorized individuals who anticipate using skis from Outdoor Recreation MUST attend one session prior to checking out skis, there will be NO EXCEPTIONS to policy. Personnel who have previously attended a class at Outdoor Recreation, PSF, are not required to attend.

Two-step class

Country Western Two Step class (Log Cabin), Thurs., Jan. 26, 7:00-9:00 p.m., cost is \$25 for eight weeks.

For additional information, please contact the Recreation Center at ext. 2000 daily, except Monday.



Photo of the Quarter

SSgt. Barbara Prach's 'The Bird Lady of Central Park' wings its way to the winner's circle to capture the quarterly photo award. Photos may be dropped off at bldg. 37, room 212.

Outdoor Rec.

The Outdoor Recreation Check-Out center will be open as follows: Monday through Friday, 8:30 a.m. to 5:00 p.m., Saturday, 9:00 a.m. to 12:00 p.m., Sunday, 1:00 p.m. to 4:00 p.m., and holidays, 9:00 a.m. to 12:00 noon. Also effective immediately, you will not be charged for the day equipment is checked out, however you will be charged for the day equipment is returned.

Cake decorating

Advanced Cake Decorating Class begins Wed., Jan. 18, 5:30-9:00 p.m., cost is \$25 for four weeks.

Scuba class

Sign-ups are now being taken for the next scuba class to begin on or about Jan. 11. Swim screen will be held at the Post swimming pool, building 1151 at 6:30 p.m. Options available for the course are: one night a week for eight to ten weeks; or three weekend sessions. Equipment may be rented from Outdoor Recreation for a minimal charge for the duration of the course.

Cost is \$85 to include two open water dives. Call Outdoor Recreation to sign-up.

For additional information call or come by Outdoor Recreation, 561-4356, building 92.

Tickets, tours

Disneyland's "Salute to the Military" tickets are available now. Tickets are \$9 per person for those three years and older. Tickets are reduced from \$13. Good everyday of operation in Jan., Feb., and March.

Command Run

Come run with the Hospital, Dentac, Co. A and B Commanders in a two mile run. The Commanders Run will be held every Thursday from 12 to 1 p.m. Participants are asked to meet at the parking lot across from Bldg. 250 (Self Help Store).

The Commanders Run will start from the large gate (at the west end of the parking lot) and go down past the Coast Guard Station to a turn around point and return to the starting area.

All Presidio Commanders are cordially invited to come and participate in the run.

Presidio Soldier of the Month Scroll Contributors

Honoring

Sp4 Michael S. McAdoo
Defense Language Institute

The Presidio Soldier of the Month Program is a military/civilian ceremony designed to honor an outstanding soldier on a monthly basis. At the end of the year, the twelve soldiers earning the monthly honor, will then compete against one another for the highest Soldier of the Year title and earn the Army Commendation Medal.

Soldiers compete for the honor based on their military bearing, dedication to duty, outstanding accomplishments and commendations, education and activities. They are selected by a military panel of judges.

Firms, organizations and persons supporting this program provide services, awards or gifts on a monthly basis. They include:

Association of the U.S. Army, San Francisco

Army Exchange Service, Presidio

Blue and Gold Fleet, San Francisco

California Miss Pageant, San Leandro

Dr. and Mrs. Raul Pegueros, Fremont

FP Press, Fremont

J's Hallmark Shop, San Jose

MAR Ocean View Motel, San Francisco

Miss Alameda County, Janine Dale Shafer

Mountain View Chamber of Commerce

Newark Chamber of Commerce

Newark Jaycees

Non-Commissioned Officers Club, Presidio

Radio Station KMEL

Sandi Heilman Associates

Santa Clara Council Navy League

San Diego Zoo/Wildlife Park

Scott's Seafood Restaurant, San Francisco

Specialty Graphics, Mountain View

Wells Fargo Bank, Presidio

The civilian portion of this program is sponsored and directed by Rich Ford, publisher of the *Star Presidian* and owner of Specialty Graphics Inc. of Mountain View. Advertisers, organizations, firms and other personnel interested in joining the monthly awards program are encouraged to contact Mr. Ford at (415) 966-1197.

At the movies

Presidio Theatre

Jan. 5	Deal of the Century (PG)	7 p.m.
Jan. 6	Deal of the Century (PG)	7 p.m.
Jan. 7	Tender Mercies (PG)	2 p.m.
Jan. 7	Tender Mercies (PG)	7 p.m.
Jan. 8	The Dead Zone (R)	7 p.m.
Jan. 9	The Dead Zone (R)	7 p.m.
Jan. 10	Risky Business (R)	7 p.m.
Jan. 11	Risky Business (R)	7 p.m.

Letterman Theatre

Jan. 5	Going Berserk (R)	7 p.m.
Jan. 9	Deal of the Century (PG)	7 p.m.
Jan. 11	The Dead Zone (R)	7 p.m.

Presidian Preview: Tender Mercies shows how an understanding woman helps to rehabilitate an alcoholic former country-and-western singer.

Sports

Freak: Raiders over Seattle

All right! I've read dozens of tea leaves, had both of my palms read, had every member of my family's fortune told, sacrificed several small animals, and, when all else failed, flipped a coin. Even with all that, my predictions are probably as reliable as a two-dollar watch. Please keep in mind, this column is strictly for entertainment (and I know I've let you down repeatedly in this regard!). Do not, I repeat, do *not* bet any part of the farm on these selections. Not even the little house out back.

Los Angeles/Oakland/New York, and Santa Fe Raiders 30
Seattle 17

Don't ya hate it when the villain wins? It looks as if the team with the black hats

(and hearts to match) will be going to the Super Bowl. At least Al Davis will get the recognition he's due. I hear that he's in line to be next year's poster boy for "Preparation H." At least he will be able to remedy the pain where he causes it for the other NFL owners.

Washington 27
San Francisco 23

Oh, how I truly hope that I'm wrong! With Dwight Clark catching passes, the Niners may have had a chance to upset the 'Skins'. Anyway, look on the bright side. If the Redskins win, all of us Feds can take Monday off, because all of the bureaucrats in Washington will still be celebrating and there will be no one to check up on us, right?



Soccer team

A Presidio Post Men's Soccer team has been formed. Experienced Soccer players are still needed. Tryouts may be scheduled by calling Maj. Stewart at ext. 2850/52. Active duty personnel, adult family members and DA civilians on post are eligible. Beginning in January the team will participate in the Marin County Soccer League.

Wrestling

Youth Activities will be sponsoring a wrestling program for the month of Jan-

uary. The classes will be held on Wednesday from 5:30 to 6:30 p.m. and Saturdays from 10:30 to 11:30 a.m. at the Exercise Room in Gym 1.

Please contact Youth Activities for more information at Ext. 5143.

Cheerleading

GO-FIGHT-WIN! for YA basketball 1984 teams. Sign-ups now (first come, first serve). Ages: 8-13. Our first meeting will be January 11, 4:30 p.m. at Gym 2. Contact Youth Activities office for more information at ext. 5143 or Julia Adams at 332-5029.

Swimming

The Post Swimming Pool, Bldg. No. 1151 is still under major repair. The pool is tentatively scheduled to be reopened on Jan. 3, 1984.

Powerlifting

The 1984 Army Powerlifting Trial Camp is scheduled to be held at Fort Bragg N.C., Jan. 18 through Feb. 4, 1984.

Interested applicants can obtain further information and applications at the Sports Branch, Post Gym No. 1, Bldg. No. 63, Ext. 4120/5032.

Jazz dancing

Parents interested in having their youngsters ages 12 through 16 take jazz dancing lessons every Tuesday and Thursday, 5:30 to 6:30 p.m., are invited to call the instructor, Mrs. Sarah Frazier, for more information at 584-5806.

Basketball

The final YA basketball sign-ups will be Jan. 9, 1 to 4 p.m. at the Main Post Gym. This is the last time to sign-up so don't miss out.

Aerobics class

High energy classes including stretching, toning and aerobic conditioning, done to popular music, are available *daily* at Post Gym No. 1. Classes are on-going and a *free* introductory class will put you into the spirit of fitness. Wear comfortable clothing and tennis or aerobic shoes. Classes are open to all ages

and levels of fitness — participants are encouraged to work at their own pace.

For the Monday through Friday classes, 11:30-12:30, the cost for one month is: \$25 - 8 classes, \$35 - 12 classes, \$40 - 16 classes, and \$45 - unlimited. (\$3.50 drop-in fee). The instructor is Sandy Meyer. Sign up now for the two-for-one January special!!

A new schedule for afternoon/evening classes: Tuesday and Thursday, 4:30-5:30 and 5:45-6:45. Cost for four weeks is \$20. (\$3.00 drop-in fee). Karen Behnke is the instructor.

For more information, phone 381-3382 or 561-4120.

Bowling results

TEAM	W	L
US Army Garrison	80	32
Sixth US Army	76	36
USACC Attack	74	38
6th Army Band I	66	46
LAMC	65	47
MEPCOM	62	50
LAIR	50	62
HHD 504th MP	48	48
ARMR IX	44	60
6th Army Band II	34	70
170th MP	27	77
INSCOM	22	82

CONGRATULATIONS TO THE FOLLOWING:

Top Bowlers

Morena Villanueva, Sixth US Army..... 200

Jeff Waidelich, Sixth Army Band I..... 205 & 216

Rodrigo Cabugos, USACC Attack..... 213

Frank Ellenwood, MEPCOM..... 220

Ken Volk, LAIR..... 200

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C. DINETTES—

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Modern Design—5 piece Dinette set. LIMITED QUANTITIES AVAILABLE—only \$189.99. Vast Selection to choose from...similar as shown.

D. LIVING ROOMS—

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Star Presidian

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January 12, 1984

Civilian pay raise update clarifies questions

According to Sandra Violette, chief of civilian pay for Presidio's Finance and Accounting Office, the 3.5 percent civilian pay raise will be *effective*, not retroactive to, January 8, 1984. Presidio civilian employees should see the increase in their paycheck by January 31, Violette said. The U.S. Army Finance and Accounting Center at Fort Benjamin Harrison, Ind., confirmed the pay raise date with civilian pay last Friday.

Wage grade employees' 3.5 percent raise will be effective February 19, Violette said.

The 4 percent raise for Presidio soldiers went into effect January 1, as earlier reported.

CPO hosts meeting for nonsupervisory workers

The Civilian Personnel Office will host a meeting on Tuesday, January 17, for nonsupervisory civilian personnel. The meeting will be held from 10 a.m. to 11 a.m. in the Training Room, Bldg. 37. General information on the Position Management and Classification program will be given and general questions will be answered. Space is limited and will be on a first come/first served basis.

King to be honored at luncheon at Officers' Club

Willie Brown, Speaker of the California Assembly, will be master of ceremonies for a luncheon honoring Dr. Martin Luther King at the Presidio Officers' Club on Monday, Jan. 16. The luncheon will be held from 11:30 a.m. to 1 p.m. and will feature Dr. Stanley P. Long, president of Urban Outreach, as keynote speaker.

Gospel music will be sung by the Voices of Legacy during the luncheon and winners of the Dr. Martin Luther King, Jr. Essay Contest will be presented. First and second place essayists will then give speeches based on their winning compositions.

Luncheon tickets at \$6 per person are available until close of business today from Alice Slater at ext. 2171 or MSgt. Williams at ext. 3701 or 4602.

Chapel luncheon changes

The free Chaplain's Luncheon, formerly held every Friday at 11:30 a.m. at the Religious Activities Center, Bldg. 682 will henceforth be held only on the first Friday of each month. The next lunch will be February 3.

Contest challenges art skills of entrants

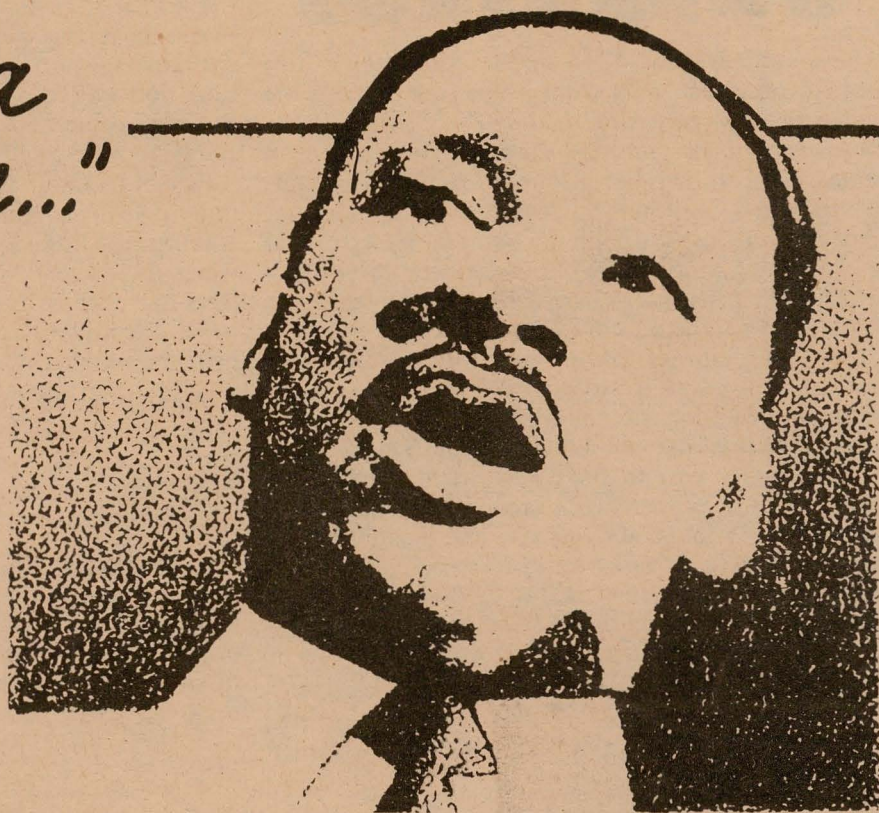
The Presidio Black History Week Education Committee has challenged your writing skills, and now we challenge your art skills. Design a poster supporting the theme *Black Americans and the Struggle for Excellence in Education* and you may win up to a \$100 US Savings Bond and have your art work displayed throughout post to publicize events for the upcoming Black History Week in February 1984. Applications packets including criteria for art work may be picked up at the Army Education Center, Bldg 1216, or the Main Post Library, Bldg 386. For further informatin, call Ms. Alice E. Slater, x2171, USACC-Presidio, or Ms. Brenda Dow, x2310, COMPACT, Bldg. 87.

King memorial service held at post chapel

This year the Presidio will honor Dr. Martin Luther King's birthday with a memorial service at the Post Chapel after the 11 a.m. service. The ceremony will be held in the Memorial Garden and will include a wreath-laying ceremony.

Everyone is invited to attend this ecumenical service.

*"I have a
Dream..."*



Provisional battalion forms

by J. Alan Edmonds

Move over, 504th Military Police Battalion. Step aside, Counterintelligence and Signal Security Support Battalion. Make way for the Headquarters Command Battalion.

"Because the 504th Military Police Battalion and the 170th Military Police Company are scheduled to move from Presidio to Fort Lewis, Wash., a provisional battalion was formed. This new battalion encompasses Hqs. Co. United States Army Garrison (USAG), the 16th AG Detachment (Postal), the Law Enforcement Company, D Co. 864th Engr. Battalion, the Sixth US Army Band, the Oakland Army Base Separation Transfer Point and other various elements," says Lt. Col. David A. Neck, Headquarters Command Battalion commander.

According to Neck, the battalion was organized officially Dec. 15, 1983 but it will not assume command of four of its major companies (16th AG Detachment, Law Enforcement Company, Separation Transfer Point and D Co. 864th Engr. Bn.) until the first of February.

The battalion staff is as follow: Maj. Bob Stewart, executive officer, Capt. Jerry Bush, battalion S1, Maj. Rick Pierce, battalion S2/S3 and battalion sergeant major, Sgt. Maj. D. P. Tetreault, whom Neck calls his "right-hand man."

"The post commander and deputy commander

gave a 100 percent effort in providing the battalion with good officers and non-commissioned officers," Neck says. "I believe with a strong staff that we, as a battalion, can do a better job of taking care of the soldier and that is our primary intent."

According to Neck, who estimates that the battalion troop strength will be in the 900 area, the battalion is starting from scratch and hoping to develop into an efficient, effective operation within six weeks.

Some goals that Neck has set for himself include: accomplishing the battalion mission efficiently, taking better care of the soldier and getting the soldiers more involved with the civilian community and vice-versa.

Another area that Neck is looking at is duties and details. "We will have a ceremonial platoon, composed of approximately 22 soldiers, that will take some of the duty load off soldiers who now have to pull those details. For example, the funeral detail will be taken by the ceremonial platoon. We're also looking at ways to reduce requirements for details and we are working with the post staff on this," Neck emphasized.

Neck, before coming to Presidio two years ago, worked as the brigade executive officer for the 1st Cavalry Div. at Fort Hood, Texas. Neck is an armor officer with senior parachutist, ranger and combat infantryman status and he has held various armor and infantry staff and command positions.

DLI student captures SOM honors

by Bob Walker

A Korean language student from Co. H of the Defense Language Institute - San Francisco (DLI-SF) captured the post Soldier of the Month (SOM) title for December.

Sp4 James H. Lundberg said he was "extremely joyful" to have won the title. "I had a lot of support from the chain of command. I feel the support helped a lot. The atmosphere at DLI is very positive," he added.

Lundberg said "it's the first time I have tried for SOM at the Presidio, and I won. I won the title three times while I was stationed at Ft. Polk with the 5th Infantry Division and three times while I was stationed in Panama with the 193rd Infantry Brigade."

Lundberg is on the Presidio boxing team and runs too.

Other nominees for the December SOM Award were

Sp5 Gary L. Heagren of the 6th U.S. Army Band, PFC Arthur R. Patterson of the 504th MP Bn, Sp5 John R. Greene of LAIR, Sp4 Rosalina Lau of USAG and Sp4 Launa A. Klimowcz of the 6th U.S. Army.

All candidates for the SOM are individually interviewed by the board. They are questioned about common tasks, military history, current events, weapons and much more. Soldiers are also judged on their appearance, in addition to their knowledge, skills and aptitudes.

Lundberg summed it up by saying "there's a lot of tough competition. All you can do is the best you can."

Lundberg feels DLI will win the SOM for January and added that he was looking ahead to the Soldier of the Year competition.



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Opinions

TAKE A BITE OUT OF CRIME

Several times a day, the Vehicle Registration Office receives telephone calls from people questioning the importance of registering their vehicles on the Presidio. Several important reasons can be cited as to why vehicle registration is being done at Presidio. Throughout the year, road maintenance such as re-marking, road resurfacing, and building painting is performed on this installation. There is often a need to notify a vehicle owner that his or her vehicle must be moved to complete this type of work. For example, during the Slurry Seal road-resurfacing mission, some 45 vehicles had to be towed by the Military Police because registration information was not available, and notification of the vehicle owner could not be made. This resulted in unnecessary cost to the owner when his car was towed away. A properly registered vehicle would have enabled us to contact him and save him the towing fee. An important notification problem arises when a hit-and-run accident occurs. Approximately 75 hit-and-run accidents occurred in 1983 and often notification to the owner of a damaged vehicle was delayed due to the lack of vehicle registration information.

About ten vehicles a month are processed as potentially abandoned vehicles by Vehicle Registration. On the average, six of these vehicles end up being actual abandoned vehicles. The procedure for processing abandoned vehicles by Vehicle Registration requires the MPs observing a vehicle illegally parked or without valid registration to place a large WARNING decal on the vehicle's windshield. The vehicle is then checked over a seven day period, then the vehicle is towed to the impound lot — without valid installation registration, notification of the owner will be very difficult, if not impossible. To retrieve an impounded vehicle a rightful owner will be required to show proof of ownership, along with a valid driver's license and military identification card if a military member. They will then be allowed to remove the vehicle. Vehicles for which the owner cannot be identified are held for 120 days and then shipped to the Defense Property Disposal Facility where they are processed and sold at open public auction.

Aside from the fact that installation regulations require registration it is obviously beneficial to the owner of a vehicle to register it on the Presidio. It can in the long run save both you, and the government, precious time and money.

In addition, lost and found property is processed by Vehicle Registration. Several items are received by the Property Custodian each week. Although some of these items can be identified and returned to the rightful owner, many of them cannot.

At present, items being held by the Property Custodian for which the owner cannot be identified include: numerous pairs of glasses, bicycles, wallets, purses, watches, check books, hearing aids, numerous sets of keys, and other items of clothing and jewelry.

These items are held for a period of 120 days and then shipped to the Property Disposal Facility. If you have lost any of these items, or had a vehicle towed, feel free to contact the Property Custodian at the Vehicle Registration Office, at 561-3811 between 8:30 and 4:30 p.m., Monday through Friday.

CRIME REPORT

A POV which was parked and secured had the antenna and the left rear view mirror broken by unknown means.

Person(s) unknown removed a wallet which had been left unsecured at the Arcade Room in the Main P.X.

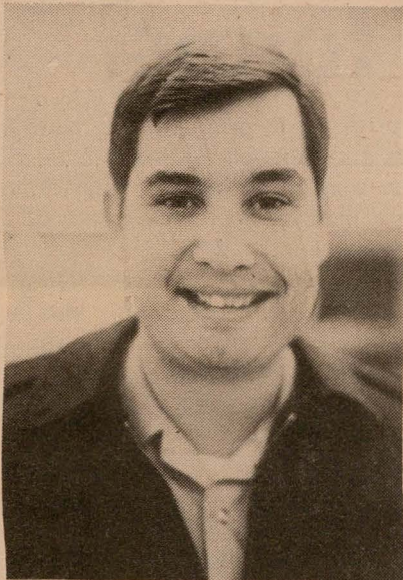
Person(s) unknown forcibly entered a building and removed several power and hand tools.

A person was apprehended by the store detective while trying to exit the Main P.X. without paying for an item.

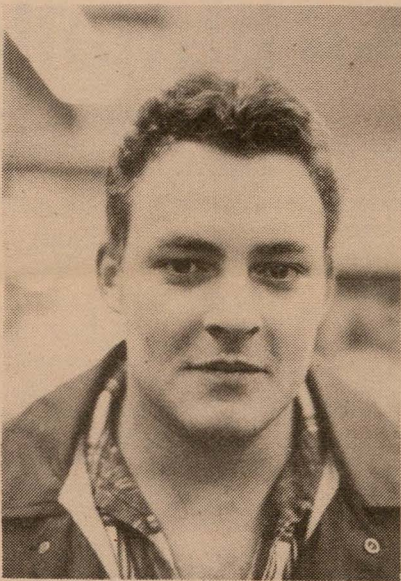
Two persons were caught off post by SFPD with four riding lawn mower tires stolen from the Engineer's complex. The Military Police then transported the subjects to the M.P. station.

Ramblin' Sam

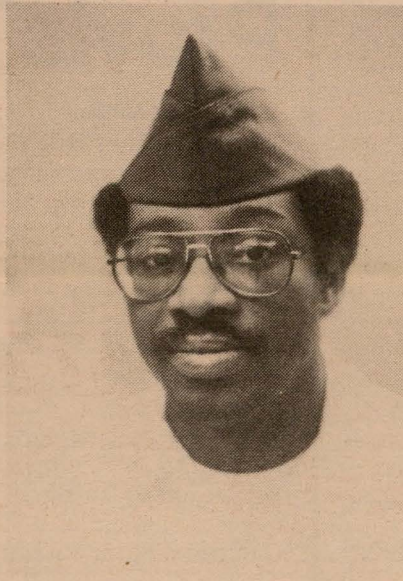
"What question would you most like to ask Ramblin' Sam?"



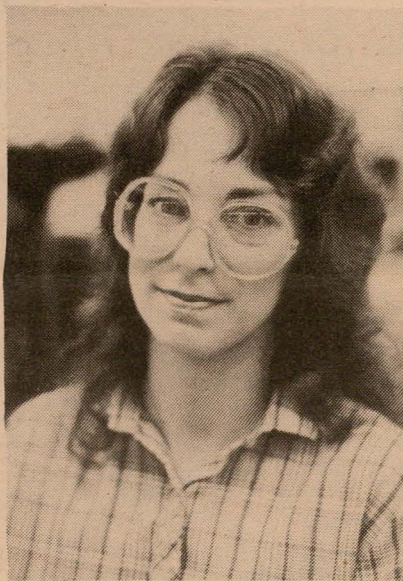
Capt. Jesse Heredia, Protocol Officer, 6th Army, "Do you have a file of questions or are they always fresh? Do you spend sleepless nights coming up with questions? How many do you interview?"



Sgt. Vernon Kemp, Jr., Law Enforcement Co., AWOL Apprehension Office, "What is the Scenic 49-mile Route that you see signs for around post?"



Sgt. Michael Rodman, Dental Lab Technician, LAMC, "How come we can't get more than a four percent pay raise in January? Why don't people pay attention to retreat on post? Why don't we have better food at the LAMC cafeteria?"



Les Horton, family member, "How can someone who is concerned about safety of children on streets where cars frequently speed get action? What can a resident do?"

Action Line

I have several questions in regards to family housing for lower rank enlisted personnel.

- Since I arrived here several lower rank enlisted families have received on-post housing, yet their names were not on the Priority 5 list. How did they get housing while others remain on the list, including the Number One name at the time I applied for housing? I now live in a civilian apartment with my family, but would like to know "why?"

- Why doesn't HAFB have a Priority 5 list?
- Why aren't HAFB buildings being renovated or converted

into housing? Many are vacant.

- Why doesn't the Army make it easier for lower rank enlisted families to get civilian housing since on-post housing is nearly impossible?

Name Withheld

In answer to question No. 1, there are several lists maintained in family housing according to AR 210-50. These lists are determined by an individual's rank and bedroom requirements. The priority 5 list is for E-4 (with under two years service) and below. These individuals are eligible for housing after priority 1-4 have been accommodated. We do maintain those

lists in case quarters become available. Because of the large number of eligible people requesting quarters, personnel on the priority 5 list must wait; however, assignments are made off the priority 5 list. There are exceptions to policy that we review on a case-by-case basis. Those cases that are approved are on one of the lists to begin with, but will move up below the frozen zone on the waiting list. Exceptions to policy are rarely approved, but those that are approved are documented medical cases or large families with an extreme financial hardship.

Question No. 2 pertains to

Hamilton Air Base housing which is under the control of Alameda Naval Station. Their contention as to why they do not have a priority 5 list (ineligible list) is that it is their policy not to accept priority 5 at Hamilton DoD Housing Facility. Questions regarding that policy should be addressed to the above address.

Question No. 3 also pertains to Hamilton Air Force Base and should be directed to the above address.

In answer to question No. 4, the Army does not regulate civilian housing or the price of rent. Many managers do try to accommodate the military by reducing rates, allowing

children and pets and accepting the fact that military members could leave after a short period of time. On the other hand, many managers have reduced or eliminated altogether, the number of units available to military because some service members are not reliable in paying their rent or taking care of their homes. Because of a few, many are hurt.

I hope this has answered your questions concerning family housing. If more information is needed, the point of contact is 1LT Mitchell, ext. 2025/2040.

Thomas J. Edgerton
LTC, CE
Dir, Engineering and Housing

The **Star Presidian** is published weekly by Specialty Graphics as a civilian enterprise in the interest of the military and civilian personnel at the Presidio of San Francisco, California.

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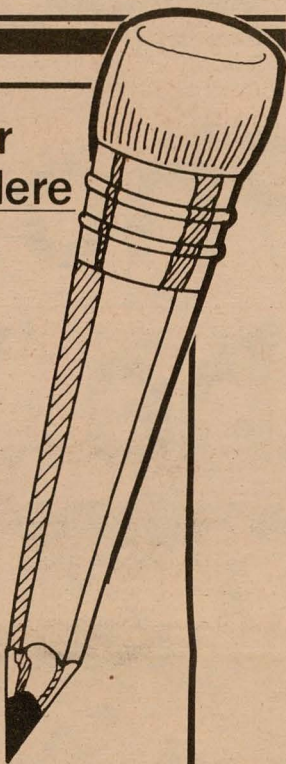
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Other offices in Europe and the Pacific.

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Alexandria, VA 22313

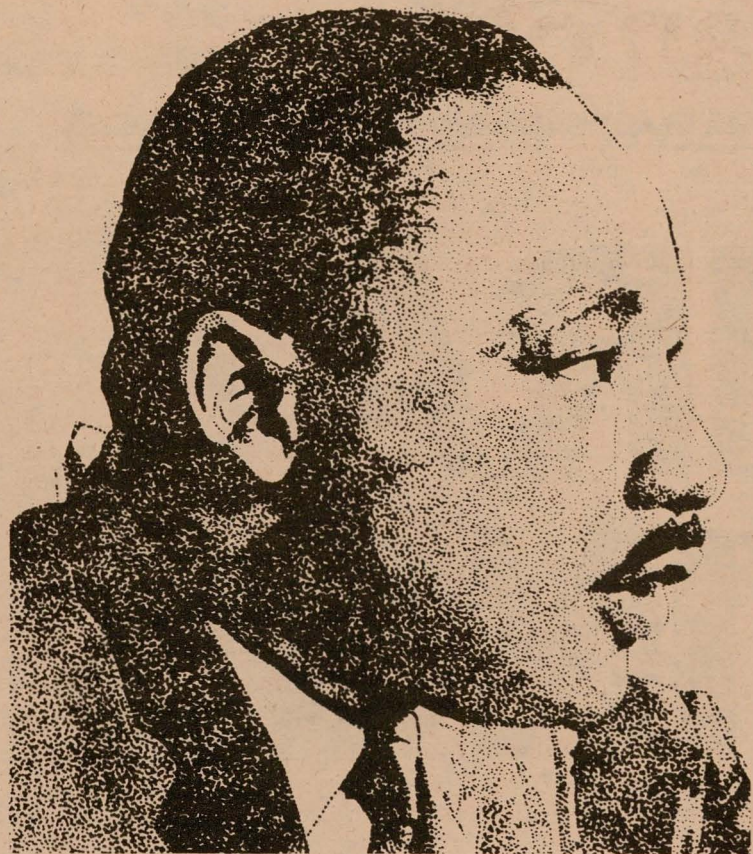
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Martin Luther King, Jr.

Presidio salutes Dr. King

by Bob Walker

"I refuse to accept the view that mankind is so tragically bound to the starless midnight of racism and war that the bright daylight of peace and brotherhood can never become a reality," Dr. Martin Luther King, Jr., once said.

King won the Nobel Peace Prize in 1964 for his successes in keeping the civil rights movement nonviolent during those volatile times. King was the youngest recipient of the award — only 35 years old at the time. He was also the 12th American and only the second American black to receive the award. The first American black was Ralph Bunche who received the prize in 1950 for his efforts towards peace in the Middle East.

In his acceptance speech King said, "I feel as though this prize has been given to me for something that really has not yet been achieved. It is a

commission to go out and work even harder for the things which we believe."

King also said, "After contemplation I conclude that this award, which I receive on behalf of the movement, is a profound recognition that nonviolence is the answer to the crucial political and racial questions of our time — the need for man to overcome oppression without resorting to violence."

"The recognition of the oneness of humanity and the need of active brotherly concern for the welfare of others is the breadth of man's life," King once said.

What impact did Dr. King have on the American people? The following are comments by Presidians asked how they felt about the late Dr. Martin Luther King, Jr.:

"King has my respect and admiration; in fact, he's my

hero in that his effectiveness and success in civil rights were directly due to his caring about people and daring to outspokenly support the national constitution regardless of personal consequences," Alice Slater said.

"He tried to teach people to think for themselves. He believed in equality and also he believed in equal education. He believed in doing things nonviolently," PFC Debbie Thorpe said.

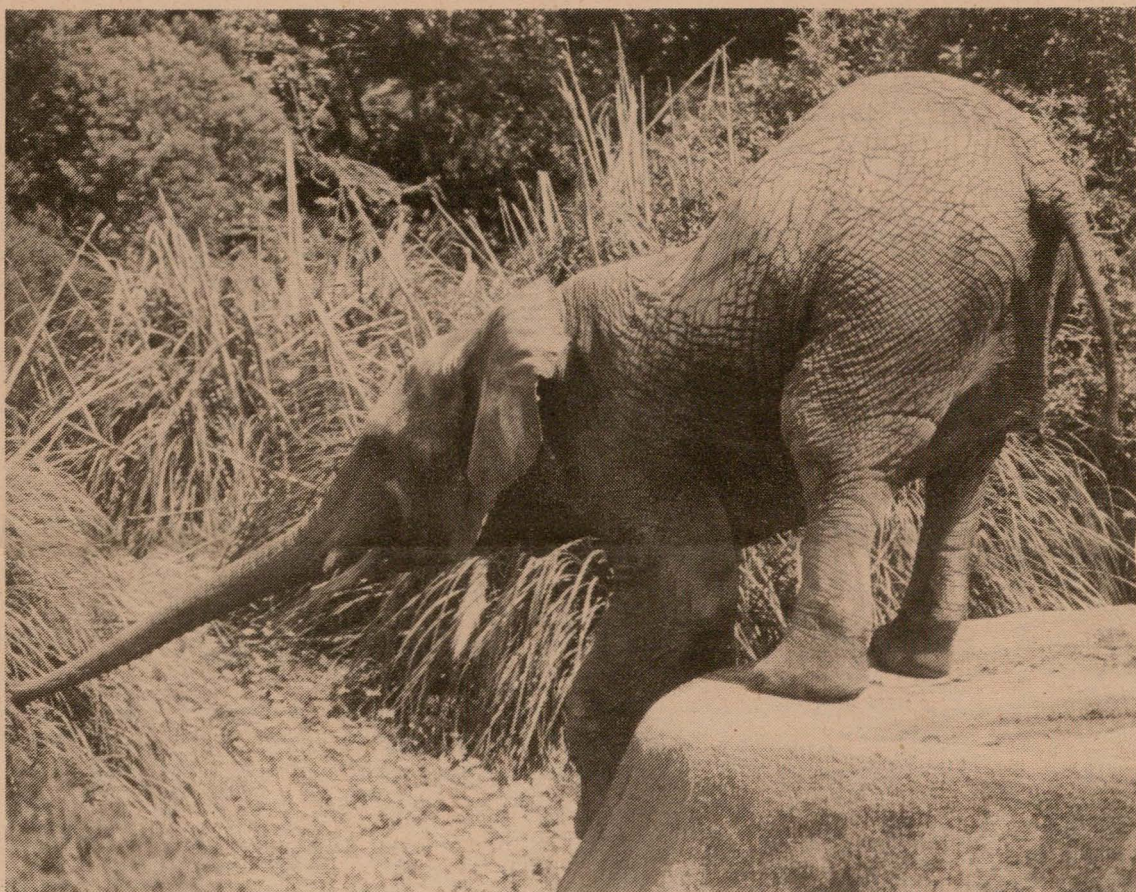
Sp4 J. Alan Edmonds feels that "King was the catalyst that crystallized the black people's freedom movement. For that reason I think we as a people owe him an immeasurable debt. King should be remembered as both a martyr and a hero."

Has peace and brotherhood arrived to the point King hoped for? The answer to that question may lie in each person's heart and soul.

Photo of the Year



Just because you take pictures of birds doesn't mean things have to run "a fowl" as Barbara Prach proves by capturing third place in the photo contest.



Pauline Mitchell takes first place in the Photo of the Year competition with this eye-catching shot of an elephant packing his trunk.



Second place goes to John Green for capturing the unusual way some kids dreamed up to use two skateboards.

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E-4 and above to qualify.

Post says farewell to an old friend

by J. Alan Edmonds

True friendship is like sound health, the value of it is seldom known until it be lost —

Charles Caleb Cotton.

Soon the Presidio will lose one of its most valued friends in the guise of CW3 Bennie Manning.

Manning will be decorated with the Army Commendation Medal in a ceremony scheduled here Jan. 13 at 1 p.m. in building 220 in the Directorate of Industrial Operations (DIO) office.

Manning, who first began his Army career in 1962, says that he was part of the "volunteer" force. "I was in college when I received my draft notice. So I went down to sign up for what they at that time called 'volunteering for the draft' so I guess actually I am a volunteer," Manning

says with a chuckle.

Manning entered the service June 18, 1962 as a private and by April of 1970, less than eight years later, he had climbed to the rank of sergeant first class.

"I made sergeant in my first three years of service," Manning exclaims, a glow of pride warming his face. "And I decided to stay in the Army because of the quality of non-commissioned officers I had worked for and the acquaintances I had made during my first tenure of service and because of the sense of responsibility and pride being in a leadership position gave me."

"I saw an opportunity to make something of myself if I chose the Army as career," Manning adds.

Manning, who is the chief of the Parachute Shop located in building 920, is a parachute rigger and packer by way of military profession. "The rigger military occupational specialty has three distinct and separate phases," Manning says. "There is parachute packing, parachute maintenance and air delivery. Unlike many others in this specialty I've been fortunate enough to work in all three of these areas during my 21 and a half years in the military."

"You go from the responsibility of seeing a vehicle you have personally rigged being dropped from an aircraft flying at 130 knots land safely on the ground to seeing a human being leap from an aircraft, be it at 500 feet or 10,000 feet, land and walk

away. It gives you a great feeling knowing that you have responsibility for making these two different, unique situations occur," Manning continues.

Riggers take on immense responsibility simply because their profession involves readying equipment for parachutists whose lives depend upon that equipment. Manning says that he and his riggers tackle this responsibility by adhering strictly to the rigger's code. "As the officer in charge of a parachute facility you really have to live within the meaning of the rigger's pledge, 'I will be sure always'. I find it also pays to follow my own philosophy which is, 'Attention to detail keeps your job performance well.'"

Manning speaks highly of his fellow riggers. "At the present time I have the best collection of parachute riggers that I have had in the 34 months that I have been here. Being that there are airborne soldiers and riggers on non-airborne installations, it is the responsibility of the officer in charge and the NCOIC to ensure that those individuals maintain the highest state of readiness possible in upholding the airborne tradition," Manning says.

Manning says that his shop usually packs between 125 and 200 parachutes a month in support of the 3rd Battalion, 12th Special Forces Group which has its headquarters at Hamilton Air Force Base with companies in Phoenix, San Diego, Tucson, Arizona, and Los Alamitos, Calif., the 297th MI Detachment in Phoenix and "whenever we are tasked to support active duty personnel operating in the western region."

The list of places Manning has toured and visited reads like a major airline's travelogue: Germany, France, Vietnam, Okinawa, Thailand,

Cambodia, Denmark, Sweden, Switzerland, Luxembourg, Turkey and England. Manning is quick to point out that he has participated in "jumps" in each of these countries.

"Of all the places I've toured I would have to say that Thailand and Cambodia were most memorable because I was the officer in charge of the SCOOT (Support of Cambodia Out Of Thailand) Program. We were air-dropping from 10,000 feet approximately 80 tons of ammunition and rice per day in Cambodia for a six-month period," Manning remembers.

Born in McCullers, N.C., the 40 year old parachutist is a recipient of the Bronze Star, the Meritorious Service Medal (second award), Army Commendation Medal (fifth award), Army Achievement Medal, the Joint Service ARCOM and various badges and certificates of achievement.

Manning has an associate degree in management and has completed three years of college which he hopes to apply towards a degree in commercial engineering with a minor in fashion designing.

Manning departs Presidio Jan. 20 to fill the position of operations officer for the Forces Command liaison office at the Military Airlift Command (MAC) headquarters at Scott Air Force Base in Illinois.

"I'm going to this new assignment with the hope that I will be stable long enough to finish my degree since this is my eighth move since being commissioned as a warrant officer 13 years ago," Manning says.

Manning and his wife, Joyce are the parents of three girls, Jeanne, Jennifer and Pamela and are expecting a new arrival to the family in June.



CW3 Bennie Manning packs a parachute at the Parachute Shop located in building 920. Manning leaves here with his wife, Joyce, and their three children for an assignment at Scott AFB in Illinois.

State alcoholic beverage laws apply to minors, residents of post housing

by F. Gil Brunson

If you think that California state laws about minors using alcohol don't apply on a federal installation like the Presidio, guess again. Those laws do apply here and they could have very serious consequences for you.

California law forbids serving alcoholic beverages to any person under 21 years of age. The law also forbids anyone under 21 from buying alcohol or drinking it in any 'on-sale tavern'. 'On-sale tavern' is a legal term for any establishment which sells drinks, like the NCO Club for example. These state laws apply to the Presidio because of a federal law called the Assimilative Crimes Act. This law incorporates crimes punished by the adjacent state's law into the federal law which governs conduct on military installations like the Presidio.

Serving alcohol to a minor in your on-post quarters, whether you sell the drink or serve it to a guest, is a misdemeanor punishable by a \$500 fine and a jail sentence up to six months. Buying alcohol from your host if you are a minor can cost you a fine of not less than \$100, no part of which may be suspended.

In addition to these criminal penalties, the post commander

has authority under Army regulation 210-50 to terminate your on-post family quarters if you are involved in misuse or illegal use of quarters or other misconduct contrary to safety, health or moral standards.

These laws are for real! Protect your privilege to live on-post and avoid costly and embarrassing legal problems by obeying them.



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Community Calendar

Essay contest winners

Presidio Black History Week Education Committee
Essay Competition
HONOR ROLL

- 1st Place:** SSgt. Deborah L. Shuaib
HHD, 504th Military Police Battalion
- 2nd Place:** Sp4 John S. Spaulding
Defense Language Institute
- 3rd Place:** Ms. Edith K. Brown, LAMC
Sp4 Robin M. Perry, 16th AG Det
Sp4 Felicia A. Peters, USAG
Ms. Shirley A. Robertson, LAMC
Mr. Allen Wong, HQ PSF F&AO

(NOTE: Winner presentations and verbal renditions of 1st and 2nd place essays will be featured at King's Luncheon, Monday, Jan. 16, 11:30 a.m., Presidio Officer's Club.)

Scouts

Boy Scout Troop No. 77 needs new volunteer committee members. Volunteers must be 21 years old or older, and willing to work at committee meetings for at least two hours per month. No experience is necessary. Contact Harry or Susan Clyde at 750-3715.

Newcomers

The presidio of San Francisco Newcomers' Orientation briefing will be held at the Post Chapel, located on Fisher Loop, across the street from the main NCO/EM Club, from 8-11:30 a.m., Tuesday, January 17. Soldiers assigned to Headquarters Command Battalion (Provisional) and 504th Military Police Battalion, who have not previously attended this briefing, are required to do so this month. All other newcomers are cordially invited. The purpose of this briefing is to acquaint all newly arrived soldiers, civilian employees and their family

members with the installation; its facilities and activities. Future briefings will be held in the Post Chapel on the third Tuesday of every month.

SGM Meeting

There will be a meeting of the Presidio of San Francisco Sergeants Major Association on January 27, 1984, at 10 a.m. in the Tradewinds Club (NCO Club), Bldg 135. All Sergeants Major and First Sergeants/Master Sergeants (P) are encouraged to attend.

Scuba class

Sign-ups are now being taken for the next scuba class to begin on or about Jan. 11. Swim screen will be held at the Post swimming pool, building 1151 at 6:30 p.m. Options available for the course are: one night a week for eight to ten weeks; or three weekend sessions. Equipment may be rented from Outdoor Recreation for a minimal charge for the duration of the course. Cost is \$85 to include two open water dives. Call Outdoor Recreation to sign-up.



Historic photo

The San Francisco National Cemetery spans 28 acres and contains over 24,000 graves. Buried there are such people as Pauline Cushman Fryer, a Union spy during the Civil War, and Gen. Frederick Funston, who directed Army relief during the 1906 earthquake and fire in San Francisco.

Rec. Center

Log Cabin Flea Market on Saturday, Jan. 21 between 11 a.m. and 4 p.m. Tables are \$5. each. Sign up early.

Leisure Classes:

Advanced Cake Decorating Class. Wednesday, Jan. 18 at 7:30 p.m. Class is four weeks long and costs \$25.

Country and Western Two Step Dance Class begins Jan. 26 at 7 p.m. Cost is \$25 per person for an eight week class.

TRS-80 Computer Workshop on Wednesdays and Thursdays at 7 p.m., *no charge*.

Levis and Laces Square Dance Class at the Community Center every Wednesday at 7 p.m. Cost is \$2 per person

Tours:

Saturday, Jan 14, 12 to 5 p.m., tour and taste sake at the Numano Sake factory in Berkeley. Cost is \$5 per person.

Saturday, Jan. 28, 9 to 6 p.m., take the Russian River Winery Tour. Cost is \$5 per person.

Special Trip:

Take a trip to Reno-Sparks! Bus departs on Friday, March 23 and returns on Sunday, March 25. Cost is \$69 and in-

cludes round trip transportation and two nights' accommodations at the MGM Grand Hotel. All reservations MUST BE PAID FOR by February 18, 1984. *No refunds*.

ALL Volksmarchers! — Take part in the Clearlake, Ca. 1st International Volksmarch! It is a Walkfest, Sat. and Sun; Feb. 18 and 19 any time between 8 a.m. and 2 p.m. both days. Registration forms available at the Recreation Center ITT Desk.

For additional information, please contact the Recreation Center at ext. 2000 after 2 p.m. (closed on Mondays.)

Basic Wood-Beginners Class:

Jan. 20- Feb. 17 on Fridays from 6:30-9:30 p.m. Cost is \$6. Class introduces students to different types of wood and basic safety and operation of all power equipment. A woodshop qualification card (required for further use of the woodshop), will be issued upon completion.

Outdoor Rec.

Rob Hill Picnic Area:

Due to the severity of recent storms on the Presidio, the

Post Safety Branch has closed down Rob Hill Picnic Area until further notice.

Package Ski Trips:

Deadline date, Jan. 20, 1984, is fast approaching for sign-up on Ski Trip No. 3. One day trip to Kirkwood, South Shore, Lake Tahoe on Saturday, Feb. 4. Cost is \$45 per person, including transportation, ski lift ticket, skis, boots and poles.

Ski Trip No. 4 is a three day trip to South Shore, Lake Tahoe on Feb. 24, 25 & 26. Cost is \$55 per person (skiers) and \$50 per person (nonskiers), 50 percent payable upon sign-up, with remainder due no later than Feb. 8. Cost includes transportation, two nights lodging (two per room) at the Condor Lodge, skis, boots and poles (skiers only). (Two-for-one breakfast and other amenities will be made available.) Space is limited, so sign up now to be assured a seat on the bus.

For additional information call or come by Outdoor Recreation, 561-4356, Bldg 92 between 8:30 a.m. - 5:00 p.m. Monday through Friday, 9:00 a.m. - 12:00 p.m., Saturday, 10:00 p.m. - 4:00 p.m., Sunday and 9:00 a.m. - 12:00 p.m., holidays.

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At the movies

Presidio Theatre

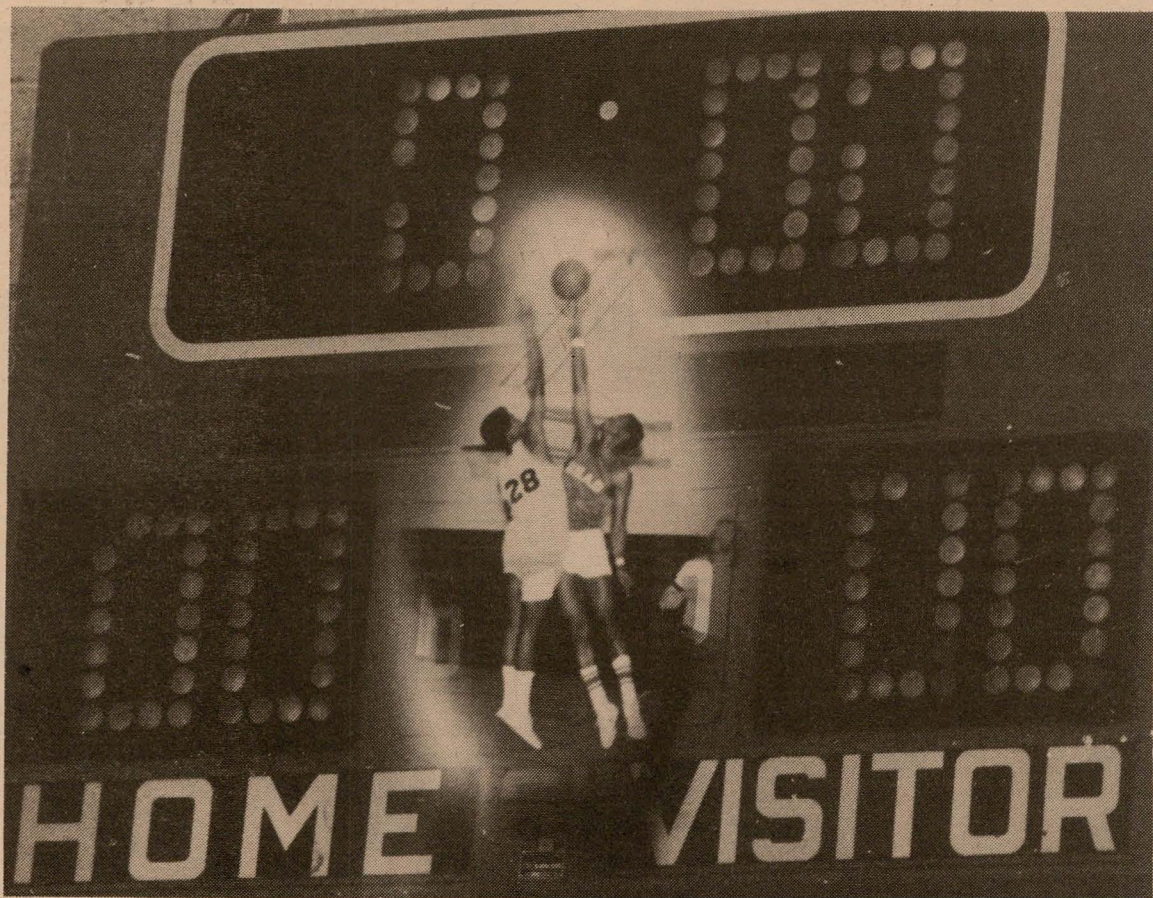
Jan. 12	Revenge of the Ninja (R)	7 p.m.
Jan. 13	Revenge of the Ninja (R)	7 p.m.
Jan. 14	Never Say Never Again (PG)	2 p.m.
Jan. 14	Never Say Never Again (PG)	7 p.m.
Jan. 15	Never Say Never Again (PG)	7 p.m.
Jan. 16	Never Say Never Again (PG)	7 p.m.
Jan. 17	Never Say Never Again (PG)	7 p.m.
Jan. 18	Easy Money (R)	7 p.m.

Letterman Theatre

Jan. 12	Risky Business (R)	7 p.m.
Jan. 16	Revenge of the Ninja (R)	7 p.m.
Jan. 18	Never Say Never Again (PG)	7 p.m.

Presidian Preview: In *Never Say Never Again* James Bond faces the awesome, worldwide resources of SPECTRE. His skills are brought into play when the evil organization holds the world for ransom with a devastation act of nuclear terrorism.

Sports



That championship season

Star Presidian file photo

Men's basketball is off to a good start as the post team won its first two games since the start of the new year.

Aerobics class

High energy classes including stretching, toning and aerobic conditioning, done to popular music, are available daily at Post Gym No. 1. Classes are on-going and a free introductory class will put you into the spirit of fitness. Wear comfortable clothing and tennis or aerobic shoes. Classes are open to all ages

and levels of fitness — participants are encouraged to work at their own pace.

For the Monday through Friday classes, 11:30-12:30, the cost for one month is: \$25 - 8 classes, \$35 - 12 classes, \$40 - 16 classes, and \$45 - unlimited. (\$3.50 drop-in fee). The instructor is Sandy Meyer.

A new schedule for afternoon/evening classes: Tues-

day and Thursday, 4:30-5:30 and 5:45-6:45. Cost for four weeks is \$20. (\$3.00 drop-in fee). Karen Behnke is the instructor.

For more information, phone 381-3382 or 561-4120.

Jazz dancing

Parents interested in having their youngsters ages 12 through 16 take jazz dancing

Women defeat Lemoore

The Post Women's basketball team earned two easy victories over NAS Lemoore last Sunday, 51-44 and 68-48. The team record in this Navy league is now 7-5.

Queen Risher (INSCOM) was high scorer in the first game with 23 points. She

scored 11 field goals. Paulette Brown helped out with 12 points. The next game was a blowout as Risher again scored 23 points. The scoring was more balanced as Cindy Crawford (INSCOM) had 10, Debbie Haile (LAMC) 17, and Paulette Brown, 12 points.

Men trounce Rileys, 89-69

The Post Men's basketball team started the New Year on a winning note. They scored two victories last week to boost their record to 7-15.

The first victory was over Rileys (Club team) 89-69. Star player Michael McCraeven (USAG) pumped in 29 points to lead the way. He was backed up by Elvis Williams (864th Engrs), 19 points and Oscar Hines (DEH) with 11 points. This was an

easy victory, but the next day the team barely edged Travis AFB 76-75. Again McCraeven lead the way with 32 points. Additional high scorers were Williams and Anthony Howard (Compact) with 11 points each.

The teams next game will be at Sierra Army Depot. The next home game will be held at 8p.m. on January 27, with Travis AFB at Post Gym #1, Bldg #63.

lessons every Tuesday and Thursday, 5:30 to 6:30 p.m., are invited to call the instructor, Mrs. Sarah Frazier, for more information at 584-5806.

Soccer team

A Presidio Post Men's Soccer team has been formed. Experienced Soccer players are still needed. Tryouts may be scheduled by calling Maj. Stewart at ext. 2850/52. Active duty personnel, adult family members and DA civilians on post are eligible. Beginning

in January the team will participate in the Marin County Soccer League.

Wrestling

Youth Activities will be sponsoring a wrestling program for the month of January. The classes will be held on Wednesday from 5:30 to 6:30 p.m. and Saturdays from 10:30 to 11:30 a.m. at the Exercise Room in Gym 1.

Please contact Youth Activities for more information at Ext. 5143.

Freak awards the biggest, dimmest of past season

Since I have two weeks to wait until the next Super Bowl contest (and the doctors think it's good therapy for me). I am going to present my annual Freak Awards for the 1963 season. May I have the envelopes, please!

Biggest Surprise of the Year: The Colts finishing within one game of .500 ball! It is also very shocking to see Frank Kush still working for a loser like Bob Irsay. Irsay, who made his millions modeling for the rat mascot of Spaghetti-tyme Theater, will probably have a winner on his hands very soon — in spite of himself. Watch for Ronald Reagan in "Bonzo Goes to Baltimore". . . and buys the Colts.

Biggest Disappointment of the Year: The San Diego collapse. I can understand some of their demise after an injured Dan Fouts was replaced by an inept Ed Luther. It was like replacing Secretariat with Francis the Talking Mule.

Biggest Deal Made Out of Nothing: The uproar made of Howard Cosell's "little monkey" remark. The man's an idiot. . . he's not stupid!

Biggest Nothing Made Out of a Deal: The hundreds of thousands of dollars paid by the Vikings to Archie Manning for one snap of the ball before being lost for the season with a

non-football ailment. Do you think that the Oilers knew something before trading Old Arch? Nah. . . I didn't either!!

Biggest Noise of the Year: The explosion that resulted when someone stuck a pin into Mark Gastineau's ego. I think it was that 160-pound male model who beat him at arm wrestling. The second biggest noise was made by the Man in the Black Suit when he paid off his gambling debts. I don't know of anyone else who took the 49ers over the 'Skins and gave 47 points!

Littlest Noise of the Year: That made by those blowhard Redskin fans who claimed they were going to annihilate the 49ers by at least two touchdowns. You just can't make much noise while your mouth is full of crow. Anyway, I think I know where the nickname "Hogs" came from. Did you catch the shots of the fans in RFK Stadium? Those bureaucrats don't miss many meals!

Star of the Future: Billy Ray Smith Jr. He played well all year next to the rest of those underachievers they misnamed the defensive unit of the Chargers. He still has enough grit to be part of that disastrous group next year. General Custer must have been their defensive coordinator.

Bum of the Future: Coach

Phillips of the Saints. He could run for any office and win handily. On second thought. . . looking at the rest of the politicians in Louisiana, he may be overqualified since he has no experience..

Player with the Brightest Future: Billy Sims, because he's going to be burned in effigy by fans of dozens of football teams he's signed with but won't play for. He can be a lawyer after his playing days are over. He's going to get plenty of OJT in courtrooms around the country. I understand that Billy has just signed to play for all nine Canadian Football League teams. Keep

'em guessing, Bill!!

Player with the Dimmest Future: Cliff Branch. He's so shell-shocked, he doesn't know where he is today, let alone where he's going to be years from now. Old Cliff has definitely taken too many forearms to the cranium. If the NFL ever gave the "Seven Blocks of Granite" award, Cliff would get my vote.

Worst Stadium to Play in: Cleveland's Municipal Stadium. . . only because you have to go to Cleveland to find it. Los Angeles' Coliseum is a close second. It's located in an area that looks like New Jersey with palm trees.

Safest Predictions for Next Year:

Al Davis will not change his hair style.

Al Davis will not have his oil changed.

Al Davis will buy his wife a pet rat.

Al Davis will sell Al Lo-Casale into slavery.

Al Davis will be in another city — and still win most of his games!

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Star Presidian

Vol. 27, No. 3

"Published in the interest of the personnel of the Presidio of San Francisco."

January 19, 1984

Chapel luncheon changes

The free Chaplain's Luncheon, formerly held every Friday at 11:30 a.m. at the Religious Activities Center, Bldg. 682 will henceforth be held only on the first Friday of each month. The next lunch will be February 3.

Red Cross volunteers

Volunteers are ordinary people with ordinary skills—but they make an extraordinary difference in other people's lives. Whatever your special skills, somebody needs you and there are so *many* ways you can help.

Currently, the Red Cross at Letterman needs volunteers in the clinics, wards, pharmacy, information areas and offices. If you're interested, call Erika Toon at extension 2180 or 2187. The next Red Cross orientation will be March 14, at 9 a.m.

German Headstart Class

A German Headstart Class will be held at the Army Education Center, building 1216, from Jan. 24 to March 15. The class will meet Tuesdays and Thursdays from 6-8:30 p.m. The class is offered free to soldiers, adult family members and DA civilians who want to learn practical German. Soldiers on orders or alerted for duty in Germany have priority for enrollment. For further information or to enroll, call or visit the Ed Center, ext. 2974/4445.

Army Band concert

The Sixth U.S. Army Band will present a brown bag lunchtime performance on Wednesday, January 25, at 11:45 a.m. at the Presidio Playhouse. Bring a lunch and enjoy this fine musical group during your lunch hour. Free coffee and punch will be served.

Star Presidian guidelines

Guidelines for publishing items in the *Star Presidian* are:

- Meet deadline—deadline is noon on Monday to meet the Thursday publication date. In case of a Monday holiday, deadline is automatically moved back to the preceding Friday.
- Copy for publication **MUST** be double-spaced as a **MINIMUM**. **Triple-spaced** copy is preferred, but not required.
- **NEVER** use military *dates or times*. The preferred style is: January 23, at 6 p.m. (for example). Writing the year isn't necessary unless it's other than 1984.
- **NEVER** use all capital letters unless indicating a new category/topic or a word you want to emphasize.
- Don't use letters or numbers to list items—start a new paragraph.
- Avoid cryptic listings, such as events, dates and times *only*. It's much easier to edit complete sentences and much easier for typesetters to make **errors** in **incomplete** sentences.
- Copy typed on a 60-character line (margins set at 30 and 90 on your typewriter, for example) is preferred. However, this is a preference, not a requirement.

Please take a little extra time to follow these guidelines. These guides help reduce errors in printing and make it much easier to produce the final product, the *Star Presidian*.

Star Presidian offices are located in building 37 (CPO), room 212, and staff members may be reached at extension 3908.

Heroes

State honors valiant vets

by J. Alan Edmonds

Every era has had its share of heroes—from Pasteur and Lindbergh to Joan of Arc and Marie Curie to King and Kennedy.

Thirty-nine heroes, all veterans and representatives of each of the Armed Forces, will be recognized as Medal of Honor (MOH) recipients by the State of California on Sunday and Monday.

The veterans will be recognized with special ceremonies that are scheduled to be held at the State Capitol in Sacramento and each will be presented with his own personalized California State license plates.

According to a news release from the Military and Veteran Affairs Office in Sacramento, the license plates will "for the first time, be issued to individuals instead of vehicles."

The plates will be inscribed with the words 'Congressional Medal of Honor' and are scheduled to be presented by California governor, George Deukmejian, will be issued to the MOH recipients chronologically. The oldest surviving MOH recipient in the United States, PFC Phillip Katz of San Francisco (an Army veteran of WWI) will receive the first license plate.

According to the news release, the events will start with a "reception and dinner

at the Mather Air Force Base Officer's Club, Sunday evening. Monday's activities will begin with a 10 a.m. Veterans Parade along Capitol Mall to the State Capitol. The Governor's event, on the west steps of the State Capitol, will be followed by a press conference, a luncheon and a reception."

The capitol ceremonies will be held in the first floor auditorium of the Employment Development Department (EDD), 790 Capitol Mall, in the event of inclement weather. All events are open to the public.

California is distinguished by having more Medal of Honor recipients than any other state. One of these recipients, retired Chief Petty Officer William Badders, reflecting on the events that led up to his being awarded the Medal of Honor said, "I remember it well. I was instrumental in the rescue of 18 men trapped on a sunken submarine in the Atlantic waters outside of Portsmouth, New Hampshire in 1939."

Badders, who enlisted in the Navy in March of 1918, says that he received his Medal of Honor in January of 1940 from President Franklin Delano Roosevelt at the White House, and he recalls that day as being "one of my proudest

moments."

Born Sept. 15, 1900 in Harrisburg, Illinois, Badders enlisted in the Navy at the age of 17 and spent tours of duty in Michigan, China, the Philippines and as a civil servant in Panama for a total of 45 years federal service.

"Other than the fact that I was separated from my family for three years I would have to say that my tours to China and the Philippines were most exciting and interesting. But, overall, I would say my entire time in the Navy was a rewarding and interesting part of my life," Badders says.

The recipient of the Navy Cross, the Navy and Marine Corps Medal and the Good Conduct Medal among others, Badders feels that the ceremony scheduled in honor of the MOH recipients is a good gesture. "I think it's very impressive that the state of California would honor us so. No matter how you try to avoid it, it tends to do great things for your ego. But I look upon the medal as just a form of recognition for doing something outstanding that anyone else in the same position would have probably done."

Badders now resides in Alameda. He and his wife, Lavana, have two children, Beverly Marie and Albert William.

Tax returns require planning

by Alan C. Seago

If you haven't started planning your 1983 income tax return, you should. Although the deadline is not until April 15, if you file early you don't have to worry about last minute problems, and you will get any refund that is due you much quicker.

Here are some ideas to consider when you plan your tax return:

- Federal law requires that each income earner file a return. If you don't, you can expect to lose any refund due you, and you may be fined. In an extreme case, you can be prosecuted in a criminal action. Remember, it was income tax evasion that got Al Capone a free visit to Alcatraz!
- Alaska, Nevada, South Dakota, Texas, Washington state, and Wyoming have no state income tax; all other states do. Although some states do not require taxes of soldiers who are outside the state for the entire year, many require a return, if only for the information contained in it. State laws on this subject are so varied and complicated that you should learn your home state's law thoroughly before deciding whether and how to file a state return.
- Federal tax forms will be available at federal office buildings, large banks (including the Wells Fargo bank on post), the Presidio JAG office in building 223, and the Internal Revenue Service Center, located at 450 Golden Gate Avenue. Forms may be ordered by phone also—just call 415-1350 to order forms or 839-1040 for information and assistance.
- Federal tax return forms come in three formats—the form 1040 (long form), with or without supple-

mentary schedules for itemized credits and deductions, is for more complicated returns. Most soldiers can use the form 1040A (short form) which is designed for people with simple tax returns who do not itemize separate deductions, and who do not intend to claim other credits. The form 1040EZ is the shortest and simplest of all the return forms. It is exclusively for single taxpayers who have no dependents, and who neither itemize their deductions nor claim other special tax credits. It is only one page long and very easy to complete.

- If you need help with your federal or state tax return, you can either call the IRS information and assistance line (839-1040), or you can contact your unit tax advisor. Each unit will have a senior NCO or officer assigned to answer tax questions. Your chain of command can tell you how to arrange an appointment with your unit's tax advisor. If your tax questions are too complicated for the tax advisor or the IRS's telephone service, you can visit either the IRS service center on Golden Gate Avenue, or the Presidio JAG office. Service by JAG attorneys is by appointment only, and will be offered only after the unit tax advisor has decided that the problem requires an attorney's legal opinion. The JAG office will not *under any circumstances* prepare tax returns.

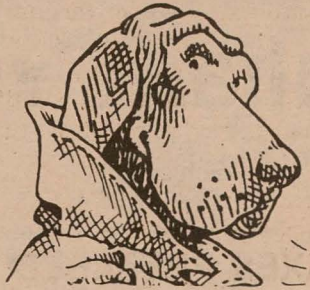
- If you still need help in preparing your tax return, there are over 200 professional tax preparers listed in the San Francisco yellow pages. Shop around (let your fingers do the walking) for the best prices and service, and remember—the tax preparer's fee is deductible on next year's return, so keep a record of it!



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Opinions

TAKE A BITE OUT OF CRIME



CRIME WATCH

The Army promotes numerous crime prevention programs, many of which are available at the Presidio. The purpose of the programs are to stimulate crime prevention attitudes, procedures and behavior by service members, family members and civilian employees working here. Potential criminal offenders may be discouraged from committing crimes when the community pulls together and takes pro-active (as opposed to *re-active*) steps to eliminate conditions which are conducive to crime.

The following crime prevention programs are now available to Presidians:

- **Crime prevention inspections** are required for military units, but may also be requested by quarters occupants, along with advice, information and assistance for improving the family's crime prevention efforts.
- **Crime prevention presentations** are given on various topics, to any size group or organization. We welcome and encourage your suggestions for crime prevention subjects and topics of interest. We can tailor a presentation to meet personal or group needs.
- **Crime prevention literature** in the form of pamphlets, posters and colorful books are available at the Crime Prevention Office, building 36. Displaying this material in your office or unit helps promote an awareness of the need for crime prevention.
- **A neighborhood watch program** can be established in your neighborhood if there is enough interest. This program encourages communication with your neighbors and bonds neighborhood groups with a sense of mutual support and concern for each other.
- **A helping hand program** has been established to assist children who encounter problems when away from their quarters. Volunteers on post place a "helping hand" poster in their windows to show they are a "helping hand home," where children needing help are welcome.
- **Fingerprinting for children** is available at the Vehicle Registration Office, building 36. Parents are given a fingerprint card for their records in case their child is ever missing or in an emergency requiring quick, positive identification.

- **Operation Identification** is a crime prevention measure designed to discourage burglaries and thefts by engraving valuable personal property. Decals which show your property has been engraved are then placed on your windows to deter break-ins. Engravers and inventory sheets are available at the Crime Prevention Office, building 36. There is *no fee* for this service!
- **A police explorer scout program** is available for teenagers 14-20 years of age. For information and sign-up, call SFC Cannon at extension 5011.
- **The Star Presidian Crime Watch** provides important, up-to-date information on crime prevention and crime trends. This weekly article is written to increase crime prevention awareness for all Presidio citizens.

For further information about crime prevention services, call 561-5011 or 561-4925 or stop by the Crime Prevention Office at the Provost Marshals Office, building 36.

CRIME REPORT

Person(s) unknown removed a credit card from an unsecured wallet.

Person(s) unknown removed an unsecured wallet from the Girl Scout Hut.

Person(s) unknown removed two wire-rimmed hub-caps from a POV in the LAMC parking lot.

Person(s) unknown removed a Bible and a wallet which contained cash and credit cards. The wallet was later found with the cash removed.

Ramblin' Sam

"What was the scariest moment of your life?"



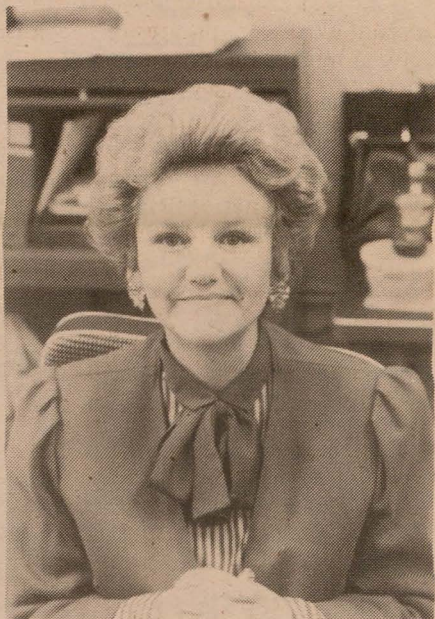
Sp4 Gregory Overkamp, company clerk, LAMC, "The first realization of what a nuclear holocaust can do."



SFC Fred Miller, senior legal clerk, 6th Army SJA, "While on a flight from Ft. Ord to Ft. Harrison for AIT, a prop on the four prop plane quit. The pilot and a pilot friend seated next to me both said there was nothing to worry about. Over Terre Haute a prop quit on the other side. My friend said, 'now you can worry.' We all did—we did make it to Ft. Harrison safely."



SSgt. Willie Harden, medical records supervisor, Co. B, LAMC, "I'm not afraid of anything as my father is dead. He was a big man...you had to be tough in my neighborhood. If I came home from a fight, I had to say, 'you should have seen the other guy!' My father would get angry if I lost a fight."



Kathleen Weimer, management analyst intern, DCSRM, 6th Army, "During the 1964 Alaska earthquake my husband and I were stationed in Okinawa. There was a tidal wave alert—I asked my husband how we were to get off the island. He said we weren't, the last plane had already flown to Guam. There was no tidal wave."

Letter to the Editor

Editor:

On December 8 as I was leaving the hospital I passed the information desk. A man in a wheelchair and his companion were receiving directions to the Red Cross office in the old hospital area. Since I know how difficult it can be to

find offices there, I volunteered to push the gentleman to his destination. That's when the fun began.

It was raining, but we could not go out the side door since there are only steps there. So, we went out the front door and walked around the building. At the bottom of the

short incline, the road was blocked by a delivery truck. Since there was no driver in sight, I wheeled the gentleman through the muddy grass and off the curb.

Getting onto the sidewalk on the other side of the street was no problem. However, as we walked under each entry

way we had to pass through waterfalls cascading off the roof.

Finally, we reached the building only to find that the Red Cross office was on the second floor—no ramps, no elevator. So I went upstairs and asked a volunteer to come downstairs to talk to the gen-

tleman and his companion.

The entire event was an eye opener for me. There may not be much you can do to fix the problems, but please print this anyway as a reminder for those of us who can walk.

1st Lt. Joan-Marie Z. Curl

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Boy Scouts need volunteers, leaders

by Bob Walker

Walking around the Presidio is an endangered species known as the Thunder Turtle. There are only 33 in existence today. If you encounter one of them, don't be afraid. They don't bite like the snapping turtle.

"The Thunder Turtles" is the name of Presidio Boy Scout Troop no. 77 and they are endangered—due to the constant moves by military people who lead the troop. Volunteers are badly needed to oversee the operation of the troop. According to Lt. Col. Robert Gilman, troop treasurer and committee member, "no prior scouting experience is needed, as the San Francisco Boy Scout council is very supportive in the training of adult leaders for the troop. All but two of the committee members will be leaving Presidio soon."

What is so special about the Thunder Turtles?

"They are boys 10 1/2 to 18 years of age who have a desire to learn. The troop is a place where boys can go out and enjoy the outdoors. We learn to cope with situations which prepare us for life. We learn about things like first aid and personal management. Scouting is a place to feel free and to have fun. It takes a lot of self discipline and teamwork," Paul Laubscher said.

Scoutmaster Harry Clyde said, "There are three objectives of the Scouting program. First, is to help the boys develop a sense of citizenship in the troop, the community, the country and the world. Secondly, to help the boys develop physically through a variety of activities. And third, to help the boys to develop spiritually."

Gilman said "The boys develop their sense of citizenship through troop activities such as making the redwood planters outside the Presidio Thrift Shop, the recycling program and major cleanups of Alcatraz and the Presidio. They also served as road guides for the Volksmarch, participated in the Memorial Day decorations at the National Cemetery and visited local nursing homes."

Chaplain (Lt. Col.) Walter Laubscher stated, "The Presidio Ecology Trail will soon be restored with signs and markers, to be installed by the troop under the direction of my son Paul. He has directed litter cleanup twice as part of his service project, working towards becoming an Eagle Scout."

Gilman added then, "To help the boys develop physically, "they have lots of

outdoor activities that include camping locally and adventure, wilderness, snow and survival camping, canoeing and a two week summer camp."

Spiritual development of the boys is accomplished through religious service and can result in special awards. Such awards take about a year to earn.

Gilman stated that the troop's activities are helped a great deal by money donated by the Thrift Shop, by fund raisers, as well as help from

family members.

The troop's future not only depends on money but also volunteer leaders.

Gilman said, "This troop is the longest consecutively registered troop I have seen—48 years...it speaks well of the military community."

Once the military community brings forth the needed adult leaders, the Thunder Turtles will continue to thrive and replenish themselves for the benefit of the Presidio community.

Unregistered solicitors banned

by F. Gil Brunson

There have been recent reports that unregistered life insurance salesmen have been soliciting in the Presidio housing area. Door-to-door solicitation is strictly prohibited by Army Regulation 210-7. If you are contacted by phone or receive a mail notice to which you wish to respond, make sure that you are dealing with an approved agent. Ask whether they have a Presidio "Insurance Solicitation Privilege" card (Form 14), and when you meet them ask to see

it and check the expiration date. Besides being approved by the commander's representative, agents must abide by the regulation which also prohibits solicitation in barracks, or troop area, during duty hours at the work place, or the possession or processing of allotment forms by these agents.

If you have been approached by an agent without a Presidio card, or know of any violations of the regulation, please call Capt. Medvigy at 561-

2589 (Office of the Staff Judge Advocate) and provide him with the facts and circumstances.

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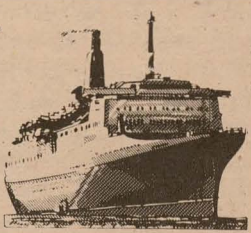
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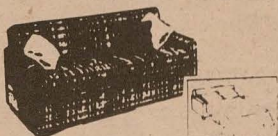
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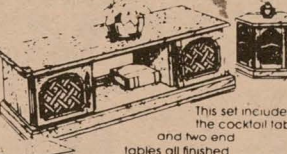
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Sixth Army celebrates 41 years

by Sixth Army Public Affairs staff

From Lt. Gen. Walter E. Krueger to Lt. Gen. David E. Grange Jr., Sixth U.S. Army's 41 years have been marked by its dedicated drive toward excellence.

Sixth Army's history is illuminated by the glorious exploits of its past, in the many challenges met and overcome, both on the battlefield and more recently, during peacetime with units of the Army National Guard and Army Reserve.

Sixth Army's record spans three wars. In World War II, Sixth Army participated in major Pacific operations such as New Britain, the Admiralty Islands, New Guinea, Leyte, Mindoro, and Luzon.

The crucial efforts to support the UN action in Korea fell to Sixth Army facilities from Seattle to Los Angeles as Sixth Army became the main supply point and secondary line of defense during the Korean conflict.

Again, in 1961, Sixth Army shouldered the burden to provide a rapidly expanding mobilization base and prepare subordinate commands for

overseas deployment during the Berlin crisis.

During the Vietnam conflict, Sixth Army units supported military operations in South Vietnam and prepared units for deployment to the Asian mainland.

During the 70's, Sixth Army's mission was primarily one of overseeing the operational readiness of the Army National Guard and Reserve units in the fifteen western states. That mission continues today.

Sixth Army has continued this pursuit of excellence in 1984. By the increased use of simulators, subcaliber devices, and realism in combined arms training, Sixth Army has expanded the use of facilities at local training areas and made 1983 one of the best training years to date.

Sixth Army units participated in REFORGER exercises in Europe and BOLD EAGLE exercises in Florida.

Several units have won national awards. The 2/174th Field Artillery Battalion of the South Dakota Army National Guard won the General Walter

T. Kerwin award as the best battalion in the Army National Guard for the third year in a row.

The 153rd Engineer Battalion (Combat), also of the South Dakota Army National Guard, was awarded the Lt. Gen. Emerson C. Itschner Award as the most outstanding engineer company in the Army National Guard.

This year, for the second year in a row, a Sixth Army unit, Company A, 2d Battalion, 416th Regiment, 2d Training Brigade of the 104th Division of the Army Reserve from Spokane, Washington, won the Philip A. Connelly Award for preparing and serving food during field kitchen operations.

Staff Sergeant Ben Lucas of Headquarters Detachment, 12th Special Forces Group, was named Army Reserve Reenlistment NCO of the Year in a national competition held recently in Atlanta, Ga.

As far as recruiting goes, Sixth Army is currently at 96 percent of assigned strength in both the Army National Guard and the Army Reserve.



courtesy of Sixth Army Public Affairs

Lt. Gen. Walter Krueger

Sixth Army is continuing its proud tradition of being an "Army of Excellence." Lt. Gen. Grange puts it this way, "If FORSCOM was a pla-

toon, Sixth Army would be a squad and it's the best squad in General Cavazos' platoon. And I'm proud to be part of that!"

Don't get all shook up—earthquakes

by Bob Walker

An earthquake will rock Presidio at 11:30 p.m., the weatherman says. But don't panic—earthquakes can't be predicted as yet! What should be done to prepare for an earthquake?

According to a Federal Emergency Management agency (FEMA) pamphlet, the first preparation should be to have an earthquake drill. Let your family know what they should do in the event of a tremor. Family members should know the safest areas in the home—under inside doorways or under heavy furniture are the safest. Do not get near windows or items hanging on walls. Practice drills help make it natural to go to safe areas when an earthquake does occur.

Before an earthquake hits, attention should be given to hazardous conditions—items should not be hung over beds. Beds should ideally be along inside wall, kitchen cupboards should be capable of remaining closed during shaking to prevent dishes from crashing to the floor. Unsecured items should not be put on shelves and flammable liquids should be kept in a safe location," Verne Paule, FEMA public affairs officer said.

Tom MacKenzie, DPTSEC plans officer said, that "wise planning includes storage of non-perishable food items, water, flashlights, a transistor radio, a first aid kit, and tools for turning off water lines."

What should be done when an earthquake *does* occur? MacKenzie said, first and most

important—remain calm, don't panic. Most earthquakes don't last more than a minute. Get to a safe place to ride out the tremor—under heavy furniture, under a doorway or along an inside wall and stay away from glass and windows."

"After the earthquake, expect more tremors or aftershocks. Check for injuries and turn on your transistor radio for emergency information. Check the utilities—if problems are noted such as the smell of gas—turn off the gas

source. Also check water lines and shut off if damaged and check for other damages. Begin clean up; use the phone only for emergencies," Paule said

According to a FEMA pamphlet, another danger is that of a tsunami or "tidal wave." Most people killed by tsunamis are those who ignore the warnings. Stay away from low coastal areas after an earthquake.

What should you do if you are driving when an earthquake hits?

"Stop the car as soon as possible, away from hazardous areas (near buildings, wires, or bridges). The car is a safe place—stay in it. After the tremor, continue on carefully," Paule said.

Paule added that everyone is scared when an earthquake strikes. Children need a great deal of understanding. They are afraid of being hurt and of being alone, so don't leave them alone after an earthquake. Even when checking the home for damages, keep them by your side. They need

their parents to reassure them that everything will be okay. Children may have problems sleeping at night because of the experience so stay close to them to help comfort them and assure them that all will be well.

Though earthquakes cannot be predicted—**be prepared**. Knowing what to do can make an earthquake less frightening and will prevent injuries.

Prepare for the next quake, because when you least expect it...

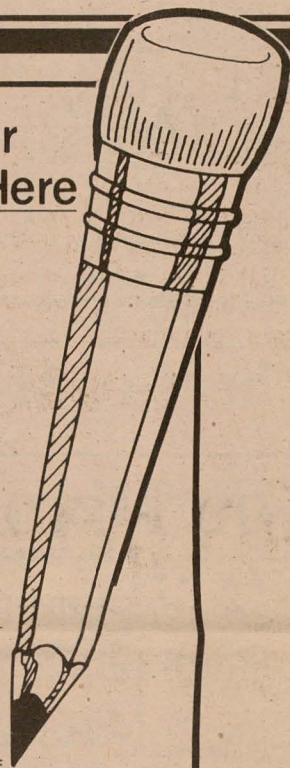


photo courtesy of Presidio Army Museum Archives

All that remained was to begin again. Army guards stand in front of destroyed City Hall, April 1906.

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*Assumes tax taken from 1983 tax tables, married filing joint return, and no itemized deductions. Savings would be even greater with the larger tax deduction available for a Spousal IRA or two Contributory IRAs for a working couple.

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Letterman Hospital Room 355, Tuesday: 2PM-4PM, Thursday: 11AM-1PM.
Other offices in Europe and the Pacific.

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Basketball Team practice here

by J. Alan Edmonds

The All-Army Basketball Team begins its practices and intra-squad games here tomorrow at the Main Gym in building 63.

According to Bobbie Gascon, the Presidio sports director and All-Army Basketball Team project officer, the candidates for the team have already begun to arrive and will begin practicing immediately.

Ronald Foster of Fort Hood, Texas, is returning for the second time as head coach

of the All-Army Basketball Team. Along with Foster, returning members from last year's squad include: James Beachum from Schofield Barracks, Hawaii, Matthew Simpkins from Fort Meade, Maryland, and Roderick Underwood from Fort Hood, Texas.

"Because this team is relatively new we are planning to play a lot of intra-squad games under actual game conditions to determine team strengths and weaknesses," Gascon says.

According to Gascon the intra-squad games will also be used to chip the beginning 25 potential candidates down to a team of 12 for the Interservice Tournament which is scheduled to be held March 6-9 at McClellan Air Force Base, California.

The team begins its intra-squad games January 25 at 7:30 p.m. at the Main Gym and two others are slated for Jan. 27 and Feb. 1 also at the Main Gym.

Gascon says that the team will practice "every day, Monday through Sunday, twice a day—once from 9:30 to 11:30 a.m. and then again at 1:30 to 3:30 p.m."

The team will play in two tournaments in California during February. First the team will travel to Manteca on Feb. 4-5 and 11-12 and then they will go on to South Lake Tahoe Feb. 17, 18 and 19 for the second tournament.

According to Gascon, last year's All-Army team finished fourth in the Interservice Tournament but this year Gascon has hopes that the team may fare better.



photo by Felicia Peters

Up and in?

A cliff hanger game, that was decided by Co G, DLI conversion of free throws (8 of 9). Co G, DLI, rolled in the second half and was lead by Tate with 22 pts.



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Jimmy freaks .. in doctor's care

Another year has come and gone—for the NFL, at least. The hopes and dreams of all teams except two have been trampled by either "Hogs" or over age juvenile delinquents dressed in silver and black. The local team had a good

year; better than most. If only the championship game had been played at home, or even at a neutral site (how about Cleveland? Everything there is in some shade of gray!), the 'Niners may have gotten some "judicious" officiating and been playing this Sunday. Instead, we'll be "entertained" by a multitude of Al Davis interviews during which he will say insightful things such as "Ah.. well, ah.. ya know... ummmm..." Or Joe Theismann will tell us everything we didn't want to know about football in fifty thousand words or less.

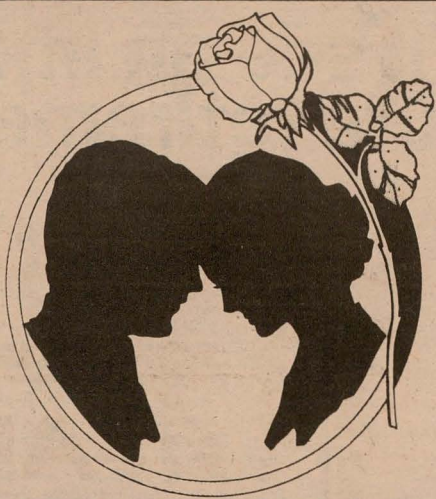
Anyway, I've strained the ol' cranium and come up with my prediction for Super Bowl XVII (or MCIV, or 127th, or whatever). Gimme a couple of points and I'll reverse the score. It should be that close. Until next year's football season starts, I'll just sign off for now. The doctors think that I should take off a few

months from watching professional football. So, I'll be going to a lot of USFL games instead. See ya, kids!

Los Angeles/Oakland/New York/Milpitas Raiders 27 Washington 23

These guys are so vicious, not only will they butcher "hogs," but they will probably skin 'em with their bare teeth! I think Marcus Allen will have a better day than Riggins, who got pretty banged up by the 49ers. I also hope that Jim Plunkett is the winning quarterback...at least his post game interview will be modest and humble. Theismann is such a blowhard. He must have majored in pompous at Notre Dame. Hopefully, Al Davis will be gracious when accepting the trophy from Peter Rozelle. I know, I know... there's a better chance getting Jerry Falwell to convert to Buddhism.

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Community Calendar

Rec. Center

Log Cabin Flea Market on Saturday, Jan. 21 between 11 a.m. and 4 p.m. Tables are \$5. each. Sign up early.

Country and Western Two Step Dance Class begins Jan. 26 at 7 p.m. Cost is \$25 per person for an eight week class.

TRS-80 Computer Workshop on Wednesdays and Thursdays at 7 p.m., *no charge*.

Levis and Laces Square Dance Class at the Community Center every Wednesday at 7 p.m. Cost is \$2 per person

Basic Wood-Beginners Class:

Jan. 20- Feb. 17 on Fridays from 6:30-9:30 p.m. Cost is \$6. Class introduces students to different types of wood and basic safety and operation of all power equipment. A woodshop qualification card (required for further use of the woodshop), will be issued upon completion.

Tours:

Saturday, Jan. 28, 9 to 6 p.m., take the Russian River Winery Tour. Cost is \$5 per person.

Special Trip:

Take a trip to Reno-Sparks! Bus departs on Friday, March 23 and returns on Sunday, March 25. Cost is \$69 and includes round trip transportation and two nights' accommodations at the MGM Grand Hotel. All reservations MUST BE PAID FOR by February 18, 1984. *No refunds*.

Volksmarchers!

Take part in the Clearlake,

Ca. 1st International Volksmarch! It is a Walkfest, Sat. and Sun; Feb. 18 and 19 any time between 8 a.m. and 2 p.m. both days. Registration forms available at the Recreation Center ITT Desk.

For additional information, please contact the Recreation Center at ext. 2000 after 2 p.m. (closed on Mondays.)

Rob Hill Picnic Area:

Due to the severity of recent storms on the Presidio, the Post Safety Branch has closed down Rob Hill Picnic Area until further notice.

Package Ski Trips:

Deadline date, Jan. 20, 1984, is fast approaching for sign-up on Ski Trip No. 3. One day trip to Kirkwood, South Shore, Lake Tahoe on Saturday, Feb. 4. Cost is \$45 per person, including transportation, ski lift ticket, skis, boots and poles.

Ski Trip No. 4 is a three day trip to South Shore, Lake Tahoe on Feb. 24, 25 & 26. Cost is \$55 per person (skiers) and \$50 per person (nonskiers), 50 percent payable upon sign-up, with remainder due no later than Feb. 8. Cost includes transportation, two nights lodging (two per room) at the Condor Lodge, skis, boots and poles (skiers only). (Two-for-one breakfast and other amenities will be made available.) Space is limited, so sign up now to be assured a seat on the bus.

For additional information call or come by Outdoor Recreation, 561-4356, Bldg 92 between 8:30 a.m. - 5:00 p.m. Monday through Friday, 9:00



photo courtesy of Presidio Army Museum Archives

Historic photo

The Lombard Street gate of the Presidio has changed little since these members of the California Infantry departed for the Philippines during the Spanish American War.

a.m. - 12:00 p.m., Saturday, 1:00 p.m. - 4:00 p.m., Sunday and 9:00 a.m. - 12:00 p.m., holidays.

Aerobics class

High energy classes including stretching, toning and aerobic conditioning, done to popular music, are available daily at Post Gym No. 1. Classes are on-going and a free introductory class will put you into the spirit of fitness. Wear comfortable clothing and tennis or aerobic shoes. Classes are open to all ages and levels of fitness — participants are encouraged to work at their own pace.

For the Monday through Friday classes, 11:30-12:30, the cost for one month is: \$25 - 8 classes, \$35 - 12 classes, \$40 - 16 classes, and \$45 -

unlimited. (\$3.50 drop-in fee). The instructor is Sandy Meyer.

A new schedule for afternoon/evening classes: Tuesday and Thursday, 4:30-5:30 and 5:45-6:45. Cost for four weeks is \$20. (\$3.00 drop-in fee). Karen Behnke is the instructor.

For more information, phone 381-3382 or 561-4120.

SGM Meeting

There will be a meeting of the Presidio of San Francisco Sergeants Major Association on January 27, 1984, at 10 a.m. in the Tradewinds Club (NCO Club), Bldg 135. All Sergeants Major and First Sergeants/Master Sergeants (P) are encouraged to attend.

At the movies

Presidio Theatre

Jan. 19	Easy Money (R)	7 p.m.
Jan. 20	The Lonely Lady (R)	7 p.m.
Jan. 21	Strange Invaders (PG)	2 p.m.
Jan. 21	Strange Invaders (PG)	7 p.m.
Jan. 22	Brainstorm (PG)	7 p.m.
Jan. 23	Brainstorm (PG)	7 p.m.
Jan. 24	Cross Creek (PG)	7 p.m.
Jan. 25	Valley Girl (R)	7 p.m.

Letterman Theatre

Jan. 19	Never Say Never Again (PG)	7 p.m.
Jan. 23	The Lonely Lady (R)	7 p.m.
Jan. 25	Brainstorm (PG)	7 p.m.

Presidian Preview: In *Brainstorm*, a machine has been invented that can capture not only the thought processes but also the fears and dreams of whomever it is monitoring. The possibility of the military using this invention for psychological warfare has become a major concern for the scientists involved with its creation. Natalie Wood's last film role.

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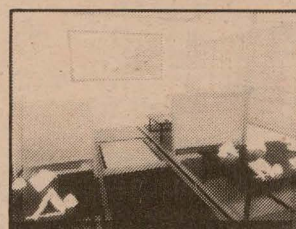


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Star Presidian

Vol. 27, No. 3

"Published in the interest of the personnel of the Presidio of San Francisco."

January 26, 1984



photo by Richard Wetzel

Medal of Honor recipients march along Capitol Mall in Sacramento to the Capitol Building to receive their own individualized license plates and attend ceremonies honoring them for their deeds of bravery. More than 30

honorees were present at the Monday afternoon celebration which was followed by a press conference and luncheon. (See accompanying photos on pg. 4)

ROTC scholarships

Active duty soldiers interested in applying for two or three year ROTC scholarships are invited to review an application packet at the Ft. Scott Education Center, building 1216, or the LAMC Education Center, building 1007. Deadline for requesting applications from Headquarters, TRADOC is March 15. Eligibility requirements include US citizenship and a GT score of at least 115.

Financial seminar

A financial planning seminar, open to the public and covering every aspect of financial services, will be sponsored by the Presidio Officers' Wives Club on February 8, at 7 p.m. at the Presidio Officers' Club.

Norman G. Levine, president of Norman G. Levine and Associates, and key management members of his staff will discuss in depth everything from tax planning, shelters, stocks, bonds, IRAs, estate planning, wills and mutual funds to every kind of personal and business insurance. They will explain the products, how and when they should be used, and answer any question from the audience.

Levine is internationally renowned for his professionalism, integrity and knowledge.

The two-and-a-half hour seminar Levine is offering to the Presidio community is "his way of giving back" through professional and community service. Although he is providing his services free of charge, a \$1 donation will be taken at the door to offset the cost of the room rental. Husbands and wives are encouraged to attend together.

Reservations are appreciated but not necessary. They may be made by calling 750-3715 or 750-3777.

State pays tribute to forty Medal of Honor recipients

by J. Alan Edmonds

Forty Congressional Medal of Honor recipients, all from California were honored with ceremonies and a parade at the state capitol in Sacramento Sunday and Monday.

Before a person is decorated with the Medal of Honor he must prove his valor in a situation that is above and beyond the call of duty and is at the risk of serious injury or death.

Participating in the parade and ceremonies were military and high school bands, local military organizations and the Sacramento sheriff and police departments.

The parade began 11 a.m. Monday and was followed by a noon ceremony that was officiated by California Assemblyman Pat Nolan and Andres Mendez the director for the State Department of Veterans Affairs on the west steps of the Capitol Building.

The recipients were presen-

ted with newly issued license plates that were inscribed with "Congressional Medal of Honor" and a number.

The first plate was issued to Phil Katz, 96, of San Francisco who is the oldest living recipient of the Medal of Honor.

The following is a listing of California's congressional Medal of Honor Heroes from oldest to youngest:

Philip C. Katz, WWI
Herman H. Hanneken, WWI
Thomas A. Pope, WWI
Lou M.M. Van Iersel, WWI
James H. "Jimmy" Doolittle, WWII
William Badders, WWII
John W. Finn, WWII
Richard O'Kane, WWII
Pappy Boyington, WWII
John C. Morgan, WWII
Kenneth A. Walsh, WWII
Charles W. Davis, WWII
Carlos C. Ogden, WWII
Edward S. Michael, WWII

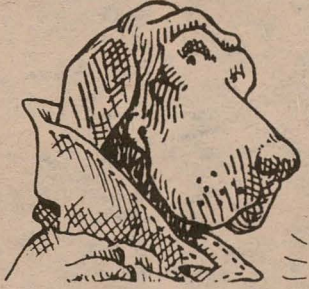
Mitchell Paige, WWII
Carlton W. Barrett, WWII
William E. Barber, Korea
James E. Swett, WWII
Robert S. Kennemore, Korea
Lewis L. Millett, Korea
Walter D. Ehlers, WWII
John J. Tominac, WWII
Benjamin F. Wilson, Korea
Alejandro R. Renteria Ruiz, WWII
Beaufort T. Anderson, WWII
James B. Stockdale, Vietnam
Archie Van Winkle, Korea
William L. McGonagle, Vietnam
Jimmie H. Howard, Vietnam
Angelo J. Liteky, Vietnam
Leo K. Thorsness, Vietnam
Kern Dunagan, Vietnam
Robert J. Modrzejewski, Vietnam
Delbert O. Jennings, Vietnam
Patrick H. Brady, Vietnam
James A. Taylor, Vietnam
John J. McGinty, Vietnam
M. Sando Vargas Jr., Vietnam
Richard A. Pittman, Vietnam
Richard A. Penry, Vietnam



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Opinions

TAKE A BITE OUT OF CRIME



CRIME WATCH

MENACING PHONE CALLS

Harassing or obscene phone calls are menacing to the individual who is a victim of these abusive phone calls. Victims may feel embarrassed or foolish about being upset by the calls, but these feelings are typical and legitimate, health experts say. Presidio residents reported 16 cases of harassing or obscene phone calls in 1983, while AT&T received reports on 13 million

such calls made in 1982.

People who receive obscene and abusive phone calls are male as well as female. Such calls vary considerably but may include: adolescent pranks, silent calls, breathers, obscene remarks and threats. These calls may come just once, or repeatedly. The behavior of many abusive or obscene callers is too disorganized to include repeat calls. They often tend to not repeat calls, but instead they dial at random or look for obvious women's listings in the phone book.

Most repeat calls typically involve angry neighbors, fired or disgruntled employees, or ex-lovers who use the phone to torment someone. These callers are among the rare few who "stalk" particular victims.

It is usually safe to assume that the problem of harassing or obscene phone calls will never go beyond annoying calls. The typical obscene phone caller is usually suffering from an overwhelming sense of isolation from others. When he makes the call he is likely to be at a low point emotionally and is very likely to be intoxicated. If he succeeds in frightening, angering or just annoying another person, that tells him that he is powerful, a person to be reckoned with.

The most effective means of combating obscene or threatening calls is to not respond at all. If it is repeated, you call the phone company for help or use a tape recorder to get the evidence you need to the authorities. All of these types of harassing phone calls

are against the law. The telephone company can give you a new unlisted number within 30 days, which is often enough to end the problem.

If you have a problem with repeat calls, the telephone company can put a "trap" on your phone. The "trap" is not a wiretap, but determines where a call originates. The information is then turned over to local police for appropriate action.

Stopping the problem of harassing or obscene phone "calls" completely is nearly impossible. The telephone is a universal open-access instrument. Anyone can approach you successfully by telephone. If you are unlucky enough to be the victim of one of these disturbing calls, follow the advice presented above, and immediately contact the Military Police at 561-2251, or use the MP Hotline 561-HELP.

CRIME REPORT

Person(s) unknown entered a set of quarters unlawfully through unlocked doors. They then removed two stereo speakers.

Person(s) unlawfully entered one of LAMC annexes and removed several items.

An individual was apprehended while trying to exit the Main PX with a portable clock-radio.

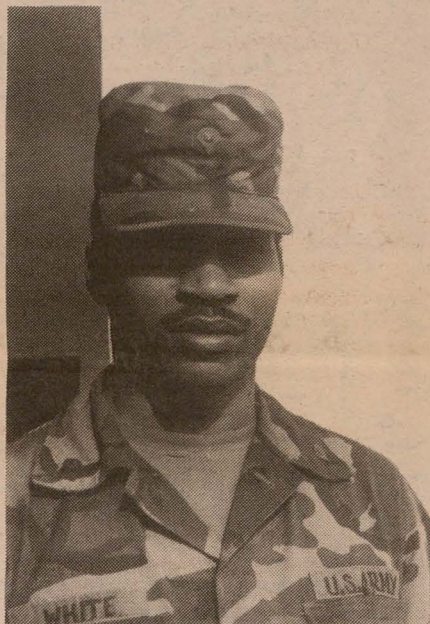
Person(s) unknown removed cash and some jewelry from a secured room in troop barracks.

Ramblin' Sam

"Would you have lived your life differently, if you had the chance? How?"



SSgt. Morena Villanueva, PSNCO, 6th USA HQ, "If I had a chance to live differently I'd like to become rich and buy my dream house, and have a chance to see the world with my family."



Sp4 Chris White, carpentry-masonry specialist, 864th Engineer Bn., "Maybe I'd go to school to learn something like the lawyer field, to improve my life."



Lamona Hawkins, reports clerk, CPO, "I wouldn't have been born in 1961—I would have been born in the 40's. I probably wouldn't have been rich, but I'd have been well off enough that I wouldn't be here."



Rose Ann Pelzner, claims examiner, SJA, "I would probably worry less about details and take a more passive attitude about changes—if they happen, they happen. I would have a greater acceptance of changes—nothing stays permanent forever."

To the Editor

Dear Editor:

The luncheon held in honor of the late Dr. Martin Luther King, Jr. was a very meaningful, well organized event. One could tell that the content of the essays which were read came from the hearts of those who wrote them. I would like to commend the planning committee for a job well done. I am sure that I speak for many of the other persons who attended.

Sincerely,

EDMUND C. REED

Dear Editor:

The Presidio Black History Week Education Committee wishes to express sincere

thanks to the people who worked behind the scenes to make the 1984 essay competition a success. Sincere thanks goes to:

The Presidio Enlisted Wives Club for funding 100 percent of the cost of the US Saving Bonds for the first and second place winners.

Juanita Taylor, Main Post Library, and Walter Sobczyk, Army Education Center, for allowing us to use their staff and facilities as points of information.

Sidney Baker and Leroy O'Neal, Post Field Printing Plant, for the timely reproduction of quality posters and flyers publicizing the competition.

Elizabeth Greeley, Star Presidian, Ann K. Canham,

LAMC Public Affairs Officer, and Gloria Hetherington, LAMC Foghorn, for making accessible their staff and facilities to publicly announce the competition.

The Adjutant Office personnel for Presidio and LAMC for also providing public announcement of the competition ensuring people would be informed.

The Commanders/Directors/First Sergeants/N-COICs/Division Chiefs/Supervisors who encouraged personnel to submit entries and/or permitted personnel to work on the Education Committee.

MSG James Williams, HR-DD, and MSG McClain, 6USA-OE Office (Chairman and Vice-Chairman, PSF

Black History Week Committee respectively) and all other committee members for their support and shared enthusiasm.

And most of all to the Education Committee members who worked so hard and sacrificed so much of their personal time after working all day to assist me in developing all aspects of the competition:

SP5 Jerry Coburn, 16th AG Det (Postal), (Co-Chairman)

Ms. Jean Woods, HQPSF, DPCA, COMPACT

Ms. Brenda Dow, HQPSF, DPCA, COMPACT

SSgt. Journal K. Miller, 864th Engr Br, (Outreach Representative)

Sp4 Robin Perry, 16th AG Det (Postal)

Ms. Clara Oden, HQ, PSF,

DPCA, COMPACT

Ms. Yvette Jaks, HQ, PSF, DPCA, Army Education Center

And last, but far from least, **MAJ Phillip G. Patterson, USACC-Presidio,** my boss, for permitting me to work on this committee which allows me to pursue my personal and professional goals in the civil rights arena—one of the most important elements of my life.

The above people have supported the Army's EO and EEO programming by having supported the Education Committee in their efforts for excellence through knowledge and I sincerely thank them all!

Alice E. Slater
Co-Chairwoman, Presidio Black History Week Education Committee

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A color guard, wearing the uniform worn by soldiers of the Revolutionary War era, entertain onlookers during Monday's ceremony.

Tribute to heroes

photos by Richard Wetzel



Lt. Col. Kern Dunagan, the director of DIO here, was on hand to receive his plate and attend ceremonies. Dunagan is a resident of Daly City.

Presidio Soldier of the Month Scroll Contributors Honoring

*Sp4 James Lundberg
Defense Language Institute*

The Presidio Soldier of the Month Program is a military/civilian ceremony designed to honor an outstanding soldier on a monthly basis. At the end of the year, the twelve soldiers earning the monthly honor, will then compete against one another for the highest Soldier of the Year title and earn the Army Commendation Medal.

Soldiers compete for the honor based on their military bearing, dedication to duty, outstanding accomplishments and commendations, education and activities. They are selected by a military panel of judges.

Firms, organizations and persons supporting this program provide services, awards or gifts on a monthly basis. They include:

*Association of the U.S. Army, San Francisco
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Newark Jaycees
Non-Commissioned Officers Club, Presidio
Radio Station KMEL 106 FM
Santa Clara Council Navy League
San Diego Zoo/Wildlife Park
Scott's Seafood Restaurant, San Francisco
Specialty Graphics, Mountain View
Spur Magazine, Fremont
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The civilian portion of this program is sponsored and directed by Rich Ford, publisher of the *Star Presidian* and owner of Specialty Graphics Inc. of Mountain View. Advertisers, organizations, firms and other personnel interested in joining the monthly awards program are encouraged to contact Mr. Ford at (415) 966-1197.



Phillip Katz (foreground), 96, the oldest living recipient of the Medal of Honor was the first honoree to receive his own personalized license plate. Katz is a resident of San Francisco.

Band displays winning spirit, captures awards

by Bob Walker

The Sixth U.S. Army Band has been on a winning streak, winning two awards at the 1983 Veterans Day Parade in Oakland, then earning First Place for a military marching unit for 1983 from the Northern California Parade Sponsors Association (NCPA) on January 15.

While the 1983 Veterans Day Parade netted the band a second place trophy for marching, it brought a *First Place* gold medal for SFC Edward C. Aguilar as the best drum major. Aguilar, operations NCO for the band, said that the band wins an award in almost every parade.

About his award, Aguilar said that his winning is a good reflection upon the band itself. "The drum major and the band work as a team out there. I'm really proud of this band — it's one of the best I've been in", he said.

CWO 3 John S. Dunlap, Commander of the band and Bandmaster, said that it felt good to have won the NCPA first place award.

"We weren't expecting it—the award itself is an award for all the work that everyone has put forth over the past year," he said.

With an attitude like this, the Sixth U.S. Army Band's winning streak will probably continue throughout 1984!



courtesy of Sixth Army Public Affairs

The Sixth US Army Band is a familiar sight at many ceremonial functions. Here the band performs at a monthly retirement parade.

Black scientist benefited man with discoveries

by Bob Walker

From sickly child to artist, gardener, teacher and scientist, George Washington Carver became an example to the world of what blacks could accomplish to benefit mankind.

As a child he wanted to know why flowers are the colors they are...what makes plants grow.. what makes them die?

He wanted to learn about everything, so he set out, when a teenager, to work hard to get an education. His determination led to his being the second black person admitted at Simpson College, where he studied art.

From Simpson he went on to Ames College in Iowa, where he studied agriculture and became the first black to graduate from Ames—in 1894.

While at Ames, Carver served in the Iowa National Guard, where he did what had been impossible for a black until then — he became a

captain in the National Guard.

Then he received a letter from Booker T. Washington of the Tuskegee Institute in Alabama, asking him to come and teach agriculture there. Carver accepted and when he arrived, he immediately saw the need to build up the Institute's barren land.

Having seen how cotton depleted the Alabama clay, he encouraged planting nitrogen-producing legumes to replenish the starved soil. Combined with other soil-building techniques, his methods greatly increased crop yields.

One legume he suggested planting was the peanut. After succeeding in convincing many people to plant peanuts, it then became apparent that there was no market for the crop.

So Carver began experimenting to find uses for peanuts. By the time he finished his experiments, he had found over 300 uses for peanuts; ranging

from peanut butter, candy, cosmetics and shaving cream to ice cream, bleach, ink and flour. He also discovered they could be used to produce instant coffee, shampoo, and even milk!

Carver then began to experiment with sweet potatoes—this time the result was over 100 uses for the plant. He went on to add many uses for cotton and soybeans to his list of discoveries.

Carver also started a traveling school to take education to needy people; teaching agricultural methods in order to help small farmers become more independent. The "school-on-wheels" soon grew to several teachers and wagons traveling around the country instructing all who were willing to learn.

Carver never married, remaining dedicated solely to his cause. He died January 5, 1943, leaving his mark upon the world.

"He could have added fortune to fame, but caring for neither, he found happiness and honor in being helpful to the world," reads his epitaph.

So special were his contributions that both a commemorative stamp and coin were produced by the United States. In 1948 a three-cent stamp was printed in his honor; even more unusual was the commemorative half dollar minted in 1951 to honor him.

What do people say today about Carver?

"Whoever thought so many things could be done with the wonder of the peanut? Carver was an artist, chemist, plant doctor, and he discovered ways to improve the soil. He spent most of his life at Tuskegee, where he did most of his experimenting," Carolyn Garrett said.

"He was a great scientist. He made a lot of contributions that benefited the South and mankind," George Dokes said.

Lt. Col. Robert Powell, senior Army instructor of JROTC at the Lincoln High School in San Francisco had this to say about Carver, "I think George Washington Carver was one of the great scientists of his time. He had a great influence on the direction of agriculture because of his findings that led to planting crops other than cotton. He overcame obstacles and destroyed the myths about blacks. He gave young gifted blacks hope and motivation to pursue a career in science. Carver gave credence to Tuskegee, helping it to become a great black institution."

Indeed Carver was a miracle, a man with tremendous vision, dedicated to helping mankind and setting an example for others to follow.



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Community Calendar

OWC Luncheon

Dr. Margaret E. Chisholm, Civilian Aide to the Secretary of the Army for the state of Washington, will be the featured speaker for the February 2, Officers Wives Club luncheon at the Presidio Officers' Club. Dr. Chisholm, who also is the Dean of the Graduate School of Library and Information Science for the University of Washington in Seattle, is considered one of the most dynamic speakers among the Civilian Aides. She has traveled extensively and is involved in a number of community and professional boards and committees.

The Valentine luncheon will also honor, in a farewell tribute, the wife of the Sixth Army commanding general, Mrs. Lois Grange. During their tour of duty at the Presidio of San Francisco, Mrs. Grange has been involved with a number of Officers Wives Club projects.

These include the restoration of Funston House, the relocation of the Thrift Shop, and the collection and giving of gifts at Christmas to Veterans Hospital patients.

The social hour will begin at 11:30 a.m., with the luncheon scheduled for noon. Reservations should be made by noon, January 30, by calling 750-3782 or 387-8816.

CPO workshop

The Civilian Personnel Office will conduct a pilot workshop on February 15-16 exclusively for managers and supervisors who have been delegated position management responsibility and authority, i.e., those with authority to design positions and change organizational position structures. The workshop will be held from 8 to 12 a.m. on both days in the Training Room, building 37. Class size will be limited to 24. Please call the Training and Development

Branch at ext. 4285 to reserve space.

Blue Cross

Bernice Morgan, a Blue Cross, Blue Shield representative will be at the Presidio on Wednesday, February 8. She will be available from 9-11 a.m. in the Civilian Personnel Office (CPO), building 37, to talk to people who may have questions or problems concerning their policies. Those who wish to see Ms. Morgan are asked to bring all pertinent paperwork relating to their questions or problem. Please call Julia Sleeper at CPO, ext. 5757, to set up an appointment with Ms. Morgan.

Blood drive

On Wednesday, Feb. 1, the All Presidio Blood Drive coordinators and keyperson's meeting will be held in the audiovisual room, building 603.

This meeting kicks off the 1984 First Quarter Blood Drive, which will be held on Tuesday, Feb. 21, from 8 - 3 p.m. at the NCO Club, building 135.

Prospective donors may also give blood on Thursday, Feb. 23, from 8 - 3 p.m. at the Log Cabin, building 1299.

Incentive prizes for donors include:

- One free night at the Lake Tahoe condo.
- Two free dinners for two.
- Two free theater tickets.
- Three free games of bowling at the Post Bowling Alley.

For further information, call Ruthie Adams or Ivania Brown at ext. 4516/4096.



Historic photo

Pauline Cushman Fryer was a Union Spy who posed as an actress in the South. She was caught, but her life was spared because the Civil War came to an end. President Abraham Lincoln promoted her to the rank of Major for her services to the country. She is buried here at the San Francisco National Cemetery at Presidio.

The 1983 Fourth Quarterly Blood Drive was a great success. Thanks to all who donated blood — the total was 480 units!

Rec. Center

The Presidio Recreation Center is currently offering the following:

- Classes in interior design, TRS-80 computers and square dancing.
- Tours to the Russian River wine country, Alcatraz and Muir Woods.

- A special trip to Reno-Sparks, Nevada.
- Volksmarches in February and March.
- Special military discount tickets to Disneyland.

For more information, call the Recreation Center at ext. 2000 after 2:30 p.m.

Hours of operation are:
Mondays (closed); Tuesdays 2 - 6 p.m.; Wednesdays and Thursdays 2 - 9 p.m.; Fridays and Saturdays 2 - 10 p.m.; and Sundays and holidays 2 - 9 p.m.

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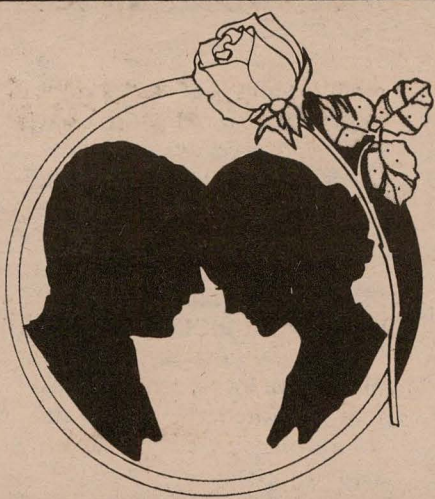
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INFORMATION, PLEASE.

Carmine Ragusa joins Civic Light Opera in 'Two Gentlemen of Verona'

The San Jose Civic Light Opera at the Center for the Performing Arts, will feature "Two Gentlemen of Verona" beginning Feb. 10 and lasting through closing opera on Sunday, February 19. Eddie Mekka (Carmine) from the Laverne and Shirley television series will be the featured star.

Bill Castellino will be directing with musical director Dwight Cannon. Choreographer is Melinda Moreno; costume designs by Peter David Heth; set designer is Ken Holamon and production stage manager is Dianna Shuster.

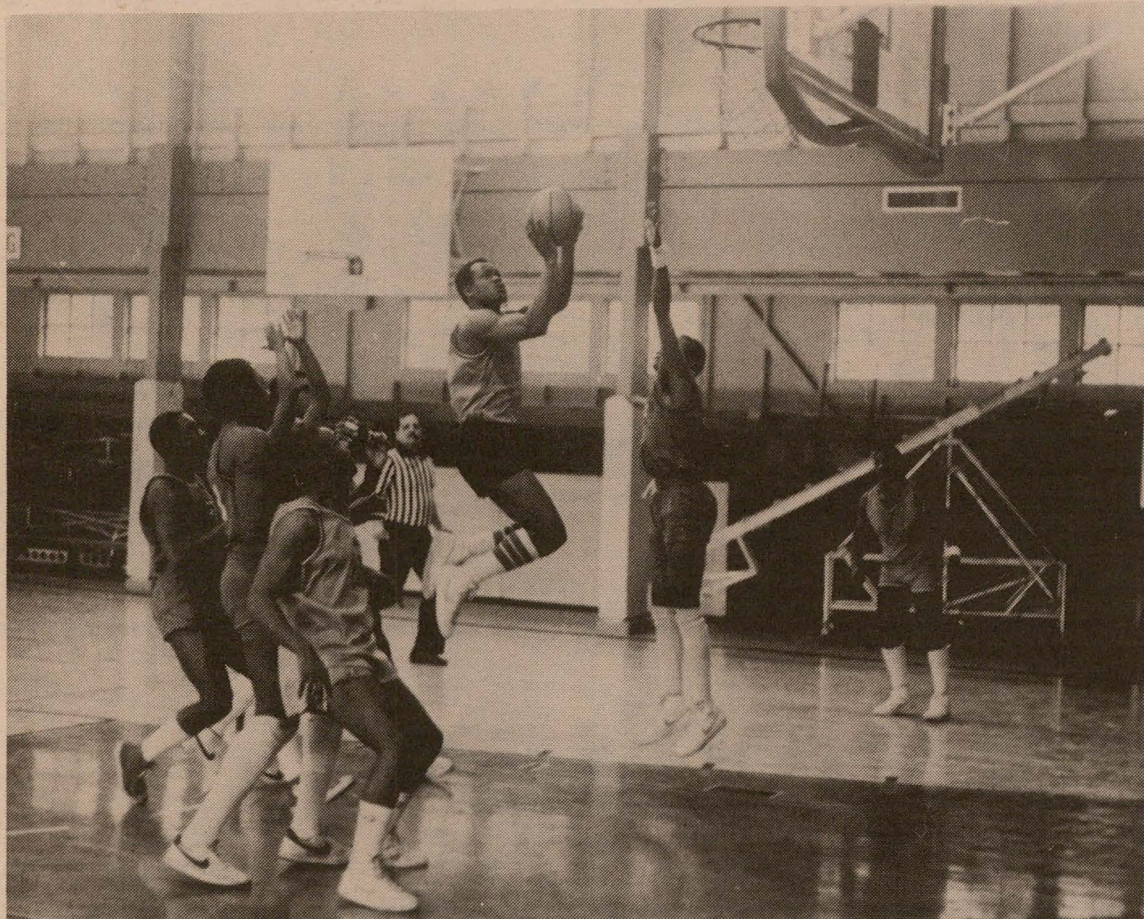
"Two Gentlemen of Verona" is adapted by John Guare and Mel Shapiro; Lyrics by John Guare; music by Galt MacDermot and is based on the play by William Shakespeare.

Performance matinees are scheduled at 2 p.m. on Sunday, Feb. 12; Saturday, Feb. 18 and Sunday, Feb. 19. Evening performances are set for 8 p.m. on Friday, Feb. 10; Saturday, Feb. 11, Sunday, Feb. 12; Thursday, Feb. 16; Friday, Feb. 17 and Saturday, Feb. 18.

Ticket prices range from \$13 to \$17 tops. Military groups and theatre parties should call Sura at (408)268-7872. Charge by Phone at (408)286-6841.

Military, student and senior citizen discounts are \$2 off any ticket for any performance. Tickets are also available at BASS and San Jose Box Office Mail Order: San Jose Civic Light Opera, 18 Paseo de San Antonio, San Jose, CA 95113.

Sports



Airborne!

USAG's Michael McCraeven goes up for two as a D Co. 864th Engrs. player attempts to block the shot during recent intramural action at the Main Gym.

photo by Felicia Peters

Army team begins training

by Bob Walker

Practice is now fully underway for the All-Army Basketball Team at the Main Gym, building 63.

According to Ronald Foster, coach for the team, the public is welcome to come and watch practices and intra-squad games. Practices are from 9:30 to 11:30 a.m. and 1:30 to 3:30 p.m. every day. Intra-squad games will be held tomorrow at 1:30 p.m. and Wednesday at 7:30 p.m., in the Main Gym.

According to Foster, he has 14 years coaching experience and is grateful to the Presidio for its help and support to the team. He says he expects the team to be narrowed down to 15 members by about the 10th of February.

"We're here to win this year. We have the attitude to win — we're anxious to get the title back for the Army where it belongs and we have the strength to do it!"

Gary Winton, one of the 25 contenders for a spot on the team, was the all-time leading scorer at West Point, attending

there from 1974 to 1978. He said that he played on the All-Army Team in 1979 and 1980 — with the Army winning both years. He added that last year the Air Force won — the first time in 10 years. "It didn't settle well with me. I'm back to help the Army win," he said.

"Though there are only three returnees from last year's team we have a lot of strength this year," Foster said. "We have five players over six feet six inches. We'll be able to play a quick, strong game, and this year we'll be able to play any way we have to. The commanders have supported us in bringing the best players for the game."

The team will be in two tournaments in February, to get them in shape for the Inter-service Tournament at McClellan Air Force Base, Calif., from March 6 to 9.

Spectators are welcome at the practices, so come out and support the team — see what this man's Army is made of!

Week's intramural action ends;DLI-54, LAIR-31

Highlights of intramural basketball action last week is as follows:

**Co H, DLI - 54
LAIR - 31**

Co H, DLI won an easy game over LAIR. Eight players scored for LAIR, led by James Daid's 20 points and Kevin Hawkins' 13 points.

**USAG - 49
504TH MPs - 44**

USAG held off a second half rally by the MPs to win. High scoring was led by star player Michael McCraeven's 24 points.

Top scorers for the 504th were Tim Peterson and Jerry Colburn with 16 points each.

**USACC - 50
LAMC No. 2 - 44**

**864th Engrs - 47
170th MP Co. - 33**

**LAMC No. 1 - 79
LEC - 29**

The powerful LAMC No. 1 team crushed LEC (Law Enforcement Company) in a low-fouling contest.

LAMC No. 1 high scorers were Robert Franklin and Leonard Greese, with 20 points each.

LEC's top scorers were James Tate with 11 points and William Goodman with 10.

**DEH - 39
Vets Admin - 41**

**6th Army - 60
OARB - 39**

**Do H, DLI - 57
Co G, DLI - 21**

**Doctors - 54
504th MPs - 47**

Another tough loss for the MPs as their second half rally fell short. The Doctors play a consistent game that enables them to do well.

Top scorers for the Doctors were Steve Ramee and Jim Sutherland with 17 and 14

points, respectively.

High scorers for the 504th were Tim Peterson with 19 points and Mark Kellan with 10.

**USACC - 44
LAIR - 36**

**170th MP Co - 37
LAMC 32 - 31**

**USAG - 46
864th Engrs - 45**

The 864th Engineers will play the OARB team today at post Gym No. 1 at 6 p.m. They will be followed by the Doctors versus LAMC No. 2 at 7 p.m.

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Star Presidian

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"Published in the interest of the personnel of the Presidio of San Francisco."

February 2, 1984

Recycling drive slated

Recycling for February will take place Saturday, Feb. 11. Presidio residents are reminded to have newspapers and all-aluminum cans ready for pickup from 10 a.m. to 2 p.m. All proceeds from recycling go to the Boy Scouts, Girls Scouts, Parent-Youth Club and Aquarius Swim Club. In case of rain, there will be no recycling. However, cans and newspapers can be dropped off at the Recycling point, located next to building 661, at any time.

College courses offered

Are you aware of the innovative college opportunities offered by College of Marin and Indian Valley College? Courses by television, video cassette, and audio cassette are available for less than \$10. An on-campus orientation meeting is required and cassettes must be used at designated locations.

Late registration for the spring semester is already in progress. Stop by Fort Scott or LAMC Education Centers to review course descriptions today!

CPO conducts workshop for supervisory workers

The Civilian Personnel Office will conduct a pilot workshop on February 15-16 exclusively for managers and supervisors who have been delegated position management responsibility and authority, i.e., those with authority to design positions and change organizational position structures. The workshop will be held from 8 to 12 a.m. on both days in the Training Room, building 37. Class size will be limited to 24. Please call the Training and Development Branch at extension 4285 to reserve space.

BDU policy change

The Army Fabricare Facility, Bldg. 1047, has received authorization, via message from FORSCOM dated Jan. 6, for pressing the battle dress uniforms. This is to improve the appearance of the uniform when worn. For more information, call ext. 2019 or stop by Bldg. 1047 between the hours of 7 a.m. and 3:30 p.m. Monday thru Friday.

Laundry service news

The Army Fabricare Facility at Bldg. 1047, supports military organizations and active duty personnel with a service to all active duty personnel which, through payroll deduction, authorizes a 25-piece laundry bundle each week for a nominal cost of just \$8 per month. The bundle may include both military and civilian shirts and trousers within the 25-piece limit. You have the choice to either turn in and pick up your laundry yourself or you may turn in your clothing to your unit supply representative. Hanger service is available upon request at no extra charge. Personnel who are not enrolled in the payroll deduction laundry program are encouraged to do so. The Laundry also offers piece-rate service, and a special 1-day service. On the 1-day service, items turned by 9 a.m. are ready for pick up the same day at 3 p.m. The prices are very low, as prescribed by DOD directives.

ROTC scholarships

Active duty soldiers interested in applying for two or three year ROTC scholarships are invited to review an application packet at the Ft. Scott Education Center, building 1216, or the LAMC Education Center, building 1007. Deadline for requesting applications from Headquarters, TRADOC is March 15. Eligibility requirements include US citizenship and a GT score of at least 115.



'Year of Action' goals set

by Liz Greeley

'1984' is many things to many people — to author George Orwell it was the year of Big Brother and the spread of totalitarianism. But to Col. Eugene D. Hawkins, Presidio post commander, 1984 is the 'Year of Action'.

According to Hawkins, the 'Year of Action' will serve as a rallying point, like Garrison's 'Will to Win' motto, or the Army's 'Be all you can be' slogan.

"Well, for '84, the rally is the 'Year of Action', and '84 is when we're going to put all this together and make it happen," he said.

During the October Executive Off-site conference in Reno, missions, goals and objectives were set for the Presidio, with directorates forming their own goals.

In fact, the 'Year of Action' has already started, since it operates on a fiscal year basis.

The basic purpose of the 'Year of Action' program is efficiency in accomplishing the mission and setting goals in order to achieve results.

"If we don't set objectives and milestones, you're on the road, but you don't know where you're going, so you never know when you get there.

"We have milestones, so during '84 everybody should know where we're going and if we're ahead or behind the curve.

"I'm not asking anybody to work harder . . . work smarter!" he said.

Since this is the 'Year of Action', what are the actions to be taken in '84?

Here are a few highlights:

- Forest management. "We're going to cut a few trees here and there, but we're not going to destroy the Presidio, we're going to *enrich* the Presidio — it's part of a 20-year program," Hawkins said.

- Construction will start this year. Because the Presidio was once under study for closure, all major construction projects were stopped. Those projects will be renewed.

- A better-trained workforce. More people will be sent for training and training teams will be brought here. Not only because new ADP equipment has been brought on board, but new systems. For example, VIABLE (a new computer system) is due on post by the end of the year.

- A better work environment. A space utilization

study was just completed — the information gathered will be used to determine who has too much space, *and* who has too little.

"Some people are worried about space utilization — that we're going to take space they need. If they *need the space* we'll give it, but they have to justify it," Hawkins said.

- Agency consolidation. Agencies that are scattered throughout the post will be centralized. "We're going to consolidate agencies so they can manage better and gain greater efficiency," he said.

- Physical training. A new type of physical training has already been implemented and there will be a program for people with profiles, also.

- Security. A neighborhood mayoral system and watch system will be instituted on post and will be run by family members — not the military.

- Childcare. The after-school program was started to help families where both parents work — more childcare programs are planned.

- Quality of life. Troop barracks are being painted inside and out while new curtains are being put in the windows.

Those are just a few of the actions planned for '84—but there are a great many happenings ahead for everyone. "We're taking care of *people*, both where they live and where they work — the total Presidio community, the Department of Army civilian and the military, both families and single soldiers," Hawkins said.

Won't there be difficulties in accomplishing all this?

"Yes!" he said, "but that's why we've got the 'Year of Action' and the only way we're going to do it is by everybody pitching in.

"It's not just the people in uniform, nor just in the civilian workforce, it's the *total Presidio family*, it's the kids, and it's the people who do volunteer work — it's all of us who are going to make it *happen*.

"Things are happening — it's not just starting. It's snowballing and getting bigger every day. The 'Year of Action' program is just to let everybody know now is the time to get on board, because the train's moving fast."

That train may be moving fast, but so is the Presidio — right into the 'Year of Action!'



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Opinions

TAKE A BITE OUT OF CRIME



BICYCLE PROTECTION

All the fun of being a bike rider is lost when someone takes your bike. With the increasing popularity of the bicycle, bike-bagging is becoming big business. Over \$20 million worth of bicycles are stolen each year in California. A total of 33 bicycles and mopeds worth

\$9,500. were stolen on the Presidio in 1983 -- 16 of them were unsecured. A bike can be stolen from just about anywhere you might park it, and it only takes a matter of seconds to do it.

There are several things you can do to decrease your chances of losing your bike, the most important of which is to **LOCK IT**. Never leave an unlocked bike unattended. Always lock your bike to a secure, fixed object such as a bike rack, a pole or a large tree. Make sure that your locking device is capable of securing the bike through both the wheels and the frame.

There are many different locks, chains, cables, and bicycle locking devices available. Some are stronger than others, so it is recommended that the type of locking device you use be consistent with the value of your bike. Purchase a chain made of case-hardened steel, with a high quality locking element. Buy the best you can afford and, most importantly, **USE IT** — the best lock and chain is useless if you leave it wrapped around the seat post or at home in the garage.

Marking your bicycle with an identification number is also an effective way to protect it from being stolen. Mark your bike with a Social Security number or driver's license number and store this number with a

description of your bicycle in a safe place. Using this marking technique helps protect you by serving as a deterrent to would-be bike thieves. It also helps police to identify and return a found or stolen bicycle to the rightful owner.

April through July are the prime target months for bicycle larceny on the Presidio. It is strongly recommended that you bring your bicycle to the Crime Prevention Office to be engraved before April.

Remember these crime prevention tips:

- Always lock your bike. It only takes a few seconds to steal an unsecured bike or moped.
- Never loan your bike to anyone because they might not take good care of it.
- Keep your bike locked and out of sight at home.
- Register and mark your bike. Engravers may be signed out from the Crime Prevention Office by contacting SFC Cannon at 561-5011.

CRIME REPORT

Person(s) unknown removed several car parts from a vehicle in Battery Caulfield — the battery was secured.

Person(s) unknown slashed three tires on a POV.

Person(s) unknown took a parked, unsecured bicycle.

Ramblin' Sam

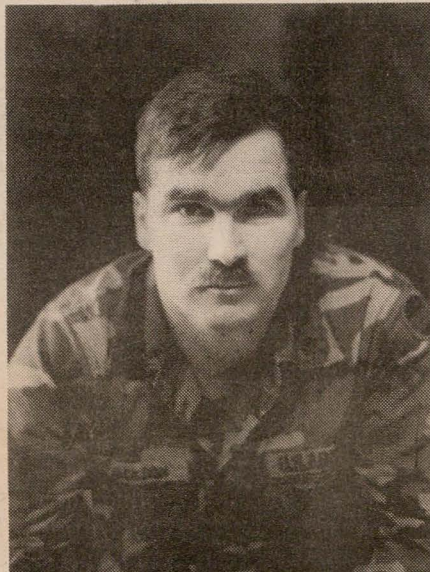
“What is your pet peeve?”



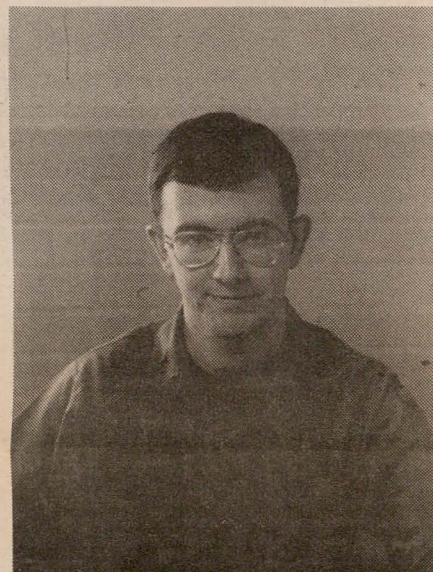
Sp5 Hattie Moon, dental hygienist, LAMC, “My pet peeve is inconsistency in the military regulations.”



Sp5 Kathy Malone, finance project NCO, DCSRM, 6th US Army, “My pet peeve is people that say I’m going to put you on hold and never coming back.”



SSgt. Wayne Jackson, NBC NCO, 864th Engineer Bn., “The quarters the Army gives the enlisted personnel are so inferior to what you can get outside. The family housing quarters are terrible.”



1st Lt. Gerard Noone, XO, HQ Co., USAG, “My pet peeve is when someone comes running in and tells you to handle something immediately—something that he has already botched up. When the dust finally settles, they ask you why you didn’t do something to make it turn out better.”

Positive thinking key to better living

by Richard Wetzel

A couple of days ago, I was reading about a man who had a run of bad luck. In what might have been another ordinary, hum-drum week, the man had lost his house to the bank, his wife to the milkman, the family dog, Fido, to the dump truck and his job to a home computer. The guy had a rough week. He later told a reporter that after he had a chance to cry, he’d pick up the pieces (are there any left?) and go on with his life.

You have to admire that kind of spirit. Let’s face it, this guy is obviously a loser, and yet, he’s willing to go on when most people would have given up hope. Talk about positive thinking!

Recent studies (mine) in the area of positive thinking have led to a number of conclusions that clearly indicate that Americans are easily depressed. If it’s not the house mortgage that’s overdue and the car that needs a tune-up at the same time your wallet needs rejuvenating, then it’s a simple case of the blues, just being unsatisfied with our positions in life.

Several weeks ago, I bumped into a fellow soldier in the barracks, (I guess I wasn’t watching where I was going). He seemed to be a bit down in the dumps so I asked what’s wrong. It seems his name and number came up on the guard duty roster the same day his girlfriend was due in town. For the next several days, my friend worried, got irritated, frustrated, aggravated, bummed out, and contemplated the various ways of getting his name off the roster. I explained to him that, yes, breaking his leg might get him out of it, but that it might be a little hard for him to pick her up at the airport on his motorcycle...wearing a cast up to his thigh. He said he’d take a cab -- I expect that from my friend.

Let’s face it, we Americans need to do less worrying and more doing. We need to learn how to ignore situations we cannot change or will not change regardless of how much we worry. Disregard it! Forget it! It’s not worth it. (There are more colorful terms; words that may have more of an impact, but my editor blushed and said they weren’t printable.)

Positive thinking can do wonders for the body and spirit, not only for yourself, but also those around you in the home or office. It can drastically change the way you feel and how others feel about you.

There’s another phase to positive thinking, I call it positive doing. Whatever you want to do, then do it.

(You might want to check it out and make sure it’s legal, however.)

You’ve always had aspirations to be an artist? Then be an artist! It’s just that simple. Go buy yourself a canvas, a brush and some paint and do just that. PAINT! Why just dream about it when your head hits the pillow or when there’s slack time in the office? DO IT!

It seems that we spend most of our time doing what we *have* to do and our free time is wasted thinking about the things we’d like to do.

Of course, there are jobs, occupations and hobbies that might require a touch of training here and there -- jobs I wouldn’t advise anyone to “just do.” Becoming a brain surgeon is one off the top, so is learning to fly in space or becoming an Indian chief. Changing your sex might be a little hard, too. (I discussed that one with my editor, too. She left the room.)

Being a millionaire is something we have all dreamed of, and it would seem relatively simple. After all, how much training would it take to smoke a fat cigar, ride in the back of a limo, and see how fast you could spend money? The only stumper that I see with this one is acquiring the funds to spend in the first place. Of course I have a few suggestions on how to obtain lots of hard, cold cash, but I think I’ll keep them to myself.

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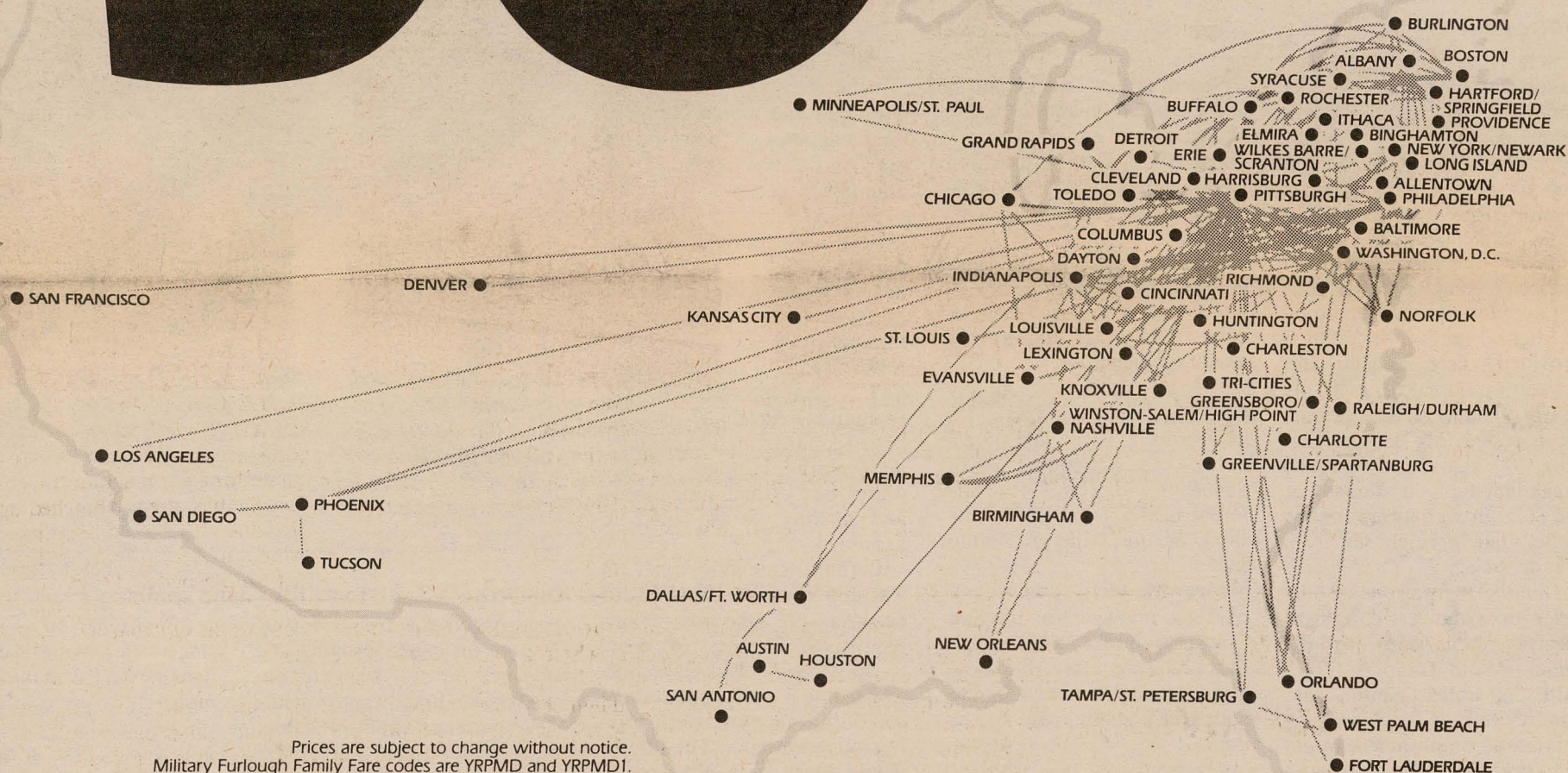
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Former 504th units under new command

(Editor's Note: Please take note that the 504th's plans to move are still tentative.)

J. Alan Edmonds

In a change of command ceremony held at Fort Scott Tuesday morning the 504th Military Police Battalion relinquished command of the Law Enforcement Company (LEC), the 16th AG Detachment (Postal) and D Co., 864th Engineers to the new commander of the Headquarters Command Battalion (Provisional), Lt. Col. David Neck.

According to Lt. Col. Anna Young, commander of the 504th MP Battalion, the reason these units will remain behind, now that 504th is tentatively scheduled to leave Presidio in mid-June, is that in a wartime situation none of the above units would deploy with the military police battalion.

"The LEC remains behind because it is an installation support MP company. It is not a 'go-to-war' company," Young explains. "The postal unit (16th AG Detachment)

and D Co., 864th Engineers were attached to the 504th MP Battalion only for garrison command purposes. Under no circumstances would either of these two units go to war as a part of the battalion," Young says.

Young says that she has already set goals for the battalion once it relocates to Fort Lewis, Wash., and that the only snag to an otherwise smooth transition is the "delay of announcing the official decision as to when we will move."

The goals for the military police battalion, according to Young, are to "rebuild our personnel strength, our teamwork and cohesiveness. We also plan to spend a lot of time in the field training and we plan to have very successful ARTEPS (Army Training and Evaluation Programs) next spring."

Young believes that the relocation of the 504th to Washington will open the door for better opportunities for field

training. "Fort Lewis is a huge installation. It has major training areas within its boundaries. And there will be enough military policemen there to ensure we all participate in field exercises while still performing our law enforcement mission," Young explains.

Another advantage Young states is that the battalion would be co-located with "people we might possibly deploy with in a combat or wartime situation. The 504th MP Battalion is a corps support battalion. One corps we might support in combat is I Corps at Fort Lewis."

Although the 504th as a unit is relocating to Washington many of the individuals now assigned to that unit may not be making the move with the battalion. According to Young, some of these people include soldiers who have reenlisted for the Presidio, those here under a compassionate reassignment and those who will ETS or PCS before or

around the October 1984 time frame.

"We hope not to relocate these individuals. Additionally, we are trying to take into consideration each individual's desire. We know we won't be able to meet everyone's ideal in every case but we are trying," Young emphasizes.

Young says she has only one regret about leaving the Presidio. . .the location. "The Presidio is a beautiful post. But so is Washington state," Young adds. "And professionally I'm looking forward to going there."

On the flip side of the transition is the receiving end — the Headquarters Command Battalion. The battalion, which began operational control of the LEC on Jan. 16, the 16th AG Detachment on Jan. 24 and D Co. 864th Engineers Tuesday, now assumes complete tasking for these units and others such as the Sixth US Army Band.

Sgt. Maj. D.P. Tetreault, the Headquarters Command

Battalion sergeant major, says that he has talked to soldiers of the newly acquired units and he "senses no resentment from the soldiers about becoming part of the battalion. We've got full cooperation from the 504th MP Battalion command group. It has been a teamwork mission."

"The 504th MP Battalion helped us organize and we are going to give them full support with their preparations for departure. There has been a lot of good joint planning from the military police battalion and the post staff," Neck agrees.

With approximately 900 soldiers in the battalion, Neck says that surprisingly enough there have been no major problems with the formation of the battalion. "When I think that we've been organized for only six weeks I think we're doing great. The foundation has been laid on which to build an efficient, effective battalion."

Soldier's son wins scholarship

by Bob Walker

"He's the best," Shane Smuin told his father, Michael Smuin, co-director of the San Francisco Ballet.

That's what Shane Smuin said of 12-year-old classmate Danon Tate's breakdancing ability, which led to an audition and a performance at the San Francisco Ballet's Gala Opening on January 21. According to Michael Smuin, the evening provided three ballets, followed by breakdancing by nearly 50 dancers. The evening incorporated folk dances spanning 300 years and included breakdancing — a dance of the 80's. Breakdancers for the Ballet Gala were chosen from area schools.

Danon Tate was one of only seven breakdancers chosen to receive scholarships to the Ballet. About Danon's future with the Ballet, Smuin said that it's all up to him. The ultimate accomplishment would be to become a principal dancer leading to international performances. No matter what the outcome, though, Danon

would benefit from the experience.

Smuin added that Danon is a very talented and a highly skilled dancer and very coordinated. "He is very nice and well-mannered and he will be a good addition to the school," he said.

Barbara Tate said, "I didn't even know he could breakdance. I have no idea where he got started, other than having seen it on television."

"It all started when my cousin showed me. I said I'd like to do it. I watched others doing it, practicing with Shane. I put all of the different moves together for the show at the Ballet," Danon said.

Meg Madden, community relations manager for the San Francisco Ballet, approached Barbara Tate after the show and informed her that Danon had won a scholarship to the Ballet.

Reactions to the scholarship varied in the Tate family. Barbara Tate said, "I think it's wonderful! I think it's something he will do well —

it's a challenge and it'll be good for him."

"It's great — fantastic! it's a unique and a rare thing to have happen to a youth of his age," said SFC John Tate, Danon's father.

Danon said, "I couldn't believe it. I thought she was playing with me. I'll have to give up some of my hobbies — like football to put my efforts into ballet."

According to Barbara, Danon has many interests. He likes swimming, football, basketball, scuba diving, computers and marine biology. In addition, he likes imitating people and making things with his hands.

Barbara Tate said that she was apprehensive about ballet because of Danon's many interests. "He has to want to do it. I would love for him to become a professional dancer — my brother is a professional musician. The family would like to see him follow along these lines," she said.

"Shane, Antoinette, Ronald Agee, Brian Pomon, the 'Rockettes', and my sister Pia



photo by Richard Wetzel

Danon gets down to a little "hand spinning."

encouraged me to go for it. It was their encouraging me that led up to my winning the scholarship," Danon said.

When asked about his career plans, Danon said, "I hear a doctor is good. I'd like to be either a teacher, a doctor or

a famous person — maybe a singer. If I make a career of dancing and I make a lot of money, I'd get a nice house for my wife."

Whatever Danon decides to do with his life, he'll do it with style!

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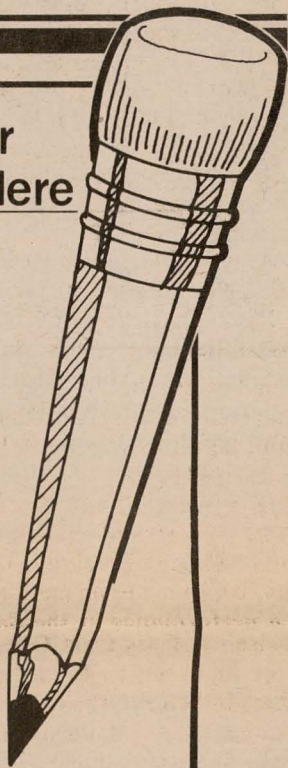
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☐ I am not a member, please send me a membership application. My spouse who ☐ has ☐ does not have an account is also interested in a PFCU IRA. (Check the appropriate answer if you wish an additional IRA request mailed for your spouse.)

427

Time to Spare

Blue Cross

Bernice Morgan, A Blue Cross/Blue Shield representative will be at the Presidio on Wednesday, February 8. She will be available from 9-11 a.m. in the Civilian Personnel Office (CPO), building 37, to talk to people who may have questions or problems concerning their policies. Those who wish to see Ms. Morgan are asked to bring all pertinent paperwork relating to their questions or problem. Please call Julia Sleeper at CPO, ext. 5757, to set up an appointment with Ms. Morgan.

Rec. Center

The Presidio Recreation Center is currently offering the following:

- Classes in interior design, TRS-80 computers and square dancing.
- Tours to Alcatraz and the Chinese New Year's parade (February 18).
- A special trip to Reno/Sparks, Nevada.
- Discount tickets for Disneyland; the play "Little Mary Sunshine," at the Alcazar Theater; White River tours and white water rafting.
- Volksmarches February 18 and March 10.

For more information, call the Recreation Center at ext.

2000 after 2 p.m. Hours of operation are: Mondays closed, Tuesdays 2-6 p.m.; Wednesdays and Thursdays 2-9 p.m.; Fridays and Saturdays 2-10 p.m.; Sundays and holidays 2-9 p.m.

Blood drive

The 1984 First Quarter Blood Drive will be held on Tuesday, Feb. 21, from 8-3 p.m. at the NCO Club, building 135.

Prospective donors may also give blood on Thursday, Feb. 23, from 8-3 p.m. at the Log Cabin, building 1299.

Incentive prizes for donors include:

- One free night at the Lake Tahoe condo.
- Two free dinners for two.
- Two free theater tickets.

For further information, call Ruthie Adams or Ivania Brown at ext. 4516/4096.

Cookie sale

Warm up those taste buds and get ready to enjoy some delicious cookies! Presidio Girl Scouts will be taking cookie orders from January 27 through February 12. Cookie deliveries will run from March 16 through March 24. The cookie sales support Girl Scout Troop activities as well as council camps, training and management.



Star Presidian file photo

Historic photo

General of the Armies, John J. Pershing and his family lived in quarters where the flagpole and Pershing plaque now stand. While Pershing was on duty on the Mexican Border, the quarters were destroyed by fire; Mrs. Pershing and two of their children died in the flames. Only one son, Warren, survived.

Wrestling class

Youth Activities wrestling will be continuing for youngsters 6-16 on Mondays from 5:30 to 7:30 p.m. and Saturdays from 10:30 to 12:30 a.m.

Youngsters interested in wrestling should come to the first class on Feb. 4, at the Main Post Gym at 10:30 a.m.

Ballet lessons

Parents interested in having

their children, ages 6 and up, take ballet lessons are invited to contact Mrs. Helen Piernik, at 994-0681, between noon and 2 p.m. on weekdays. Classes are held in building 1390, next to the Fort Scott Chapel.

At the movies

Presidio Theatre

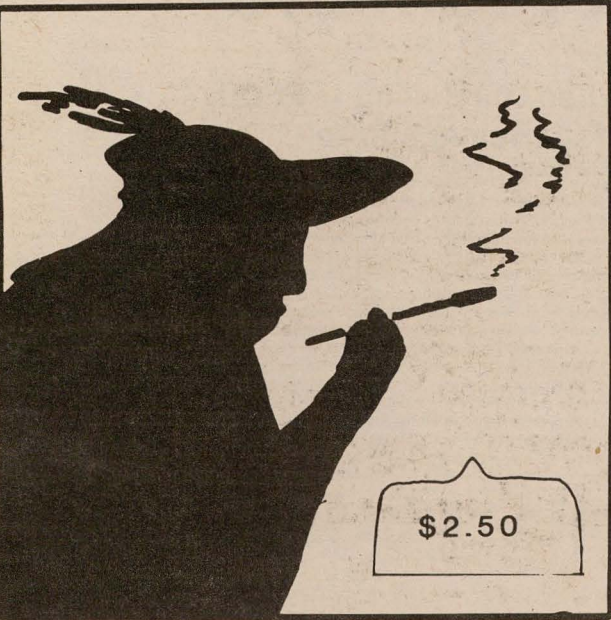
Feb. 2	All the Right Moves (R)
Feb. 3	All the Right Moves (R)
Feb. 4	To Be or Not to Be (PG)
Feb. 4	To Be or Not to Be (PG)
Feb. 5	To Be or Not to Be (PG)
Feb. 6	To Be or Not to Be (PG)
Feb. 7	On Any Sunday II (PG)
Feb. 8	Class (R)

Letterman Theatre

Feb. 2	Amityville 3-D (PG)	7 p.m.
Feb. 6	All the Right Moves (R)	7 p.m.
Feb. 8	On Any Sunday II (PG)	7 p.m.

Presidian Preview: In *To Be or Not to Be* Mel Brooks and Anne Bancroft play Frederick and Anna Bronski, leading lights of the prewar Polish stage caught up in convoluted and hilarious spy plot after the Nazi invasion.

'Sudden Impact' depicts reality of violence



by Nom dePlume

One word please before I get into this week's column. So often we hear of critics and common folk alike saying that many movies nowadays reflect too dramatically violence that, realistically, is a part of everyday life.

Case in point — "Scarface." First of all, I must admit I have not seen this movie. But of all the people I have talked with who have seen it, only a small minority

have bothered to comment on the acting, the direction or the musical score.

Yet each and every one of them went out of their way to condemn or applaud the movie for its supposed display of "excessive" violence. Granted there are some movies out there in Tinseltown that overplay the violent aspects of our society but when a movie deals with a subject in which violence is inherent (such as drug trafficking) it should be allowed to

realistically portray that aspect as long as the film does not become one big bloodbath.

I mean "Scarface" deals with the underworld drug connection — what did viewers expect to see? Two hours of Al Pacino dancing and singing in the rain? I mean *come on!* The illegal drug business is a violent one and it should not be reshaped to fit our whitewashed ideas of "good taste."

Mainly for this reason (and a few others), I greatly enjoyed the movie "Sudden Impact." The plot revolves around the efforts of the talented Sondra Locke to wipe off the earth several pieces of human slime that raped and brutalized both Locke and her younger sister.

Clint Eastwood, back in his famous (infamous?) "Dirty

Harry" role, plays the cop assigned to track down the murderer of said human slime.

Although the plot is simple and transparent in some places I felt the film was a good account of what one woman saw as a need to see justice done and vengeance served. I'm glad the producer and director saw fit to show us that rape and some of its after-effects are very violent indeed and that the life of a San Francisco (or any other major metropolitan city) policeman is not just traffic violations and escort duty.

The film had its good points: a tough, foul-mouthed lesbian, who even to the end, never backed down from the gun-toting Locke, a very believable performance by Locke (who'll never get an Oscar nomination since Streep, MacLaine and

Winger seem to have the best actress category sewn up for the next decade) and a soundtrack that, if it had been composed by such greats as Quincy Jones, the Bee Gees or Paul Williams, would be hitting the Top Ten on the pop charts.

The bad points were *also* noticeable: trite and ill-conceived dialogue, a cluttered, confusing array of flashbacks and Eastwood's token "good friend" whom everyone *knows* will be murdered to give Eastwood a personal stake in wanting to see the rapists get their just desserts.

But overall this movie should be applauded as a tough, gritty account of the injustices and inequities of our crime-ridden society. Violence isn't a welcome part of our lives but it is a very real part and "Sudden Impact" takes a real look at that violence.

Rating Scheme

Worth every penny	\$3.75	\$2.50	\$1.25	No sale
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Sports

Army conducts Interservice tryouts

According to a message received from the Department of the Army dated January 27, trial camps will be conducted to select men's and women's teams to represent the Army at the Inter-service Sports Championships.

Interested athletes must submit their applications to Headquarters, Department of the Army (DAAG — MSP). Applications must be received no later than the dates shown

SPORT	TRIAL CAMP DATES/LOCATIONS	APPLI-CATIONS DUE HQDA:
Volleyball	April 4 - 21 Ft. Lewis, WA	March 7
Track & Field	April 11 - June 1 Presidio of San Francisco	March 14
Bowling	April 18 - 28 Ft. Huachuca, AZ	March 21
Racquetball	May 2 - 12 Ft. Bragg, NC	April 4
Soccer (Men only)	June 6 - July 6 Ft. Dix, NJ	May 9

Soccer team

A Presidio Post Men's Soccer team has been formed. Experienced Soccer players are still needed. Tryouts may be scheduled by calling Maj. Stewart at ext. 2850/52. Active duty personnel, adult family members and DA civilians on post are eligible.

Ski news

Outdoor Recreation is currently offering the following:

- A ski trip to Kirkwood and two trips to South Shore, Lake Tahoe. All ski trips are scheduled for March, but sign up now while space is still available!

- Ski orientation classes on skiing safety and equipment maintenance. You *must* attend if you plan to rent equipment from Outdoor Recreation.

For more information, call Outdoor Recreation at ext. 4324, or come by building 92.

Gym class

YA gymnastics hours have been changed starting Feb. 6. The new hours will be Mondays ages 3 and 4 year olds from 4 to 5 p.m., ages 5 and 6 year olds from 5 to 6 p.m. and Fridays ages 7 through 9 year olds from 4 to 5 p.m. The classes will be held in the Exercise Room at the Main Post Gym. There will be a \$15 registration fee payable at the first class meeting. The classes will last for eight weeks. For more information contact the instructor, Linda Holmes at 563-6636 or the YA office at 5143.

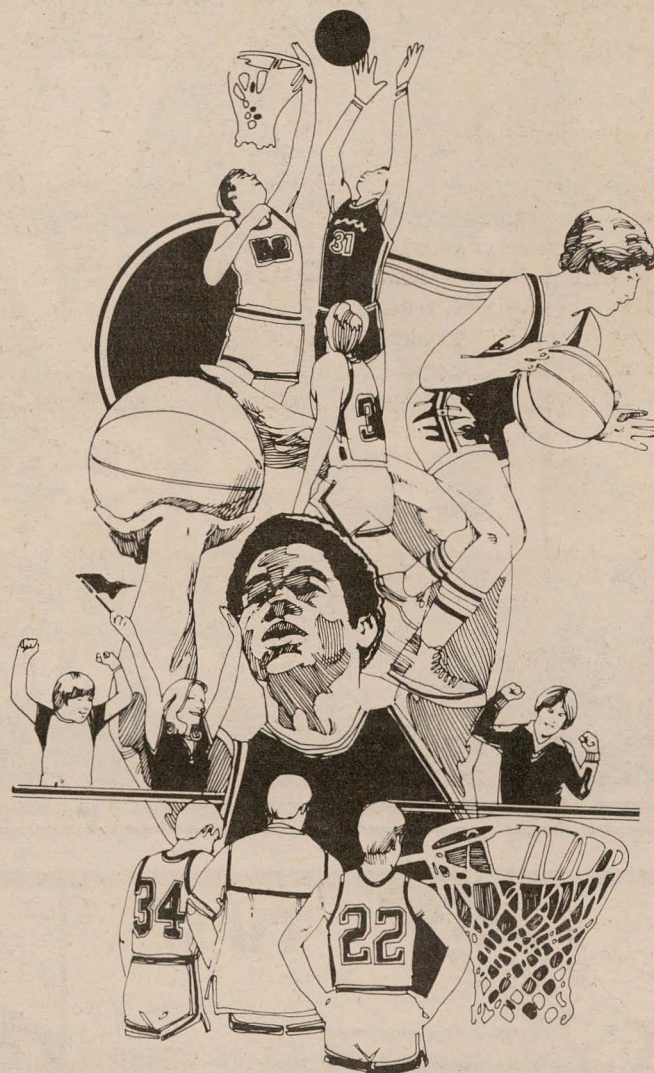
Club recruits

The pool is finally open, and the Aquarius Swim Club is recruiting new members. Youngsters between the ages of 5-18, who would enjoy swimming on a competitive swim team, are invited.

Youngsters must be able to swim half the length of the post pool. The first meeting for the swim club will take place on Feb. 6, at 4 p.m. at the post pool. For more information, call Judy Castillo at 567-8159.

Devices banned

The use of headphones and earphones while walking, jogging, skating, or bicycling on Army installation roads and streets is *prohibited*. This policy does not apply to the use of hearing protective equipment.



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FOR SALE: 2 br., condo/townhouse in Chesterfield County outside Richmond, Virginia. Exc. school district, all amenities, pool plus tennis courts, well designed complex. \$52,500, assumable loan, possible lease option. Call 415-388-0266.

DO YOU KNOW THE IDENTITY OF THE OWNER OF A BLUE DATSUN Z, FLORIDA LICENSE PLATES & VINYL TOP? If so, please ask him to call 563-0750. SWF 28 would like to meet him. Disregard above if he's not single.

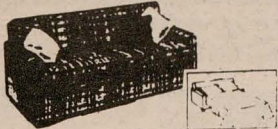
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SOFA & LOVE SEAT



\$188 Clean lines with a durable herculon fabric. Tight seat (no loose cushions).

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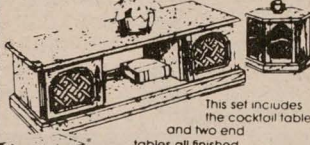
\$188 Includes double dresser, mirror, two night stands, chest & head board in an attractive pecan finish

9 PIECE DOUGLAS DINETTE



\$188 RUSTIC TOP TABLE with 2 12" leaves and 6 chairs covered in a durable supported vinyl.

SPANISH STYLE TABLES



\$188

This set includes the cocktail table and two end tables all finished in beautiful pecan tones

\$288

5 PIECE GLASS & CHROME DINETTE



\$288 42" round smoke glass table with 4 cane back Breuer chairs

QUEEN SIZE SOFA BED



\$288 This durable light back sofa bed comes covered in an attractive Herculon fabric

Bassett \$888 Bargains



Enjoy this beautiful set with a warm, elite pecan finish on selected hardwoods



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Bassett 7 PIECE DINING ROOM

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\$888

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Star Presidian

Vol. 27, No. 5

"Published in the interest of the personnel of the Presidio of San Francisco."

February 9, 1984

Parking lot closed

Due to a change of command ceremony, the parking lot next to the main parade field will be blocked off from midnight on Monday until about noon Wednesday, Feb. 15.

Vehicles parked in the blocked areas at these times will be towed away at the owner's expense.

6th Army command change

A change of command ceremony will be held at the Presidio at 10 a.m. on Wednesday, February 15. At this time Maj. Gen. Robert Arter will replace Lt. Gen. David E. Grange, Jr., who has been nominated by the President to chair the Department of Defense Coordinating Committee for World War II Historical Observances.

The change of command ceremony will take place on the parade field in front of Sixth U.S. Army headquarters, building 38.

Black History events

February is Black History Month and the Presidio will celebrate Black History Week (Feb. 12-18) with the following events:

- A cabaret ball at the Presidio Officers' Club Thursday, Feb. 16. The ball begins at 8:30 p.m. and runs until 1:30 a.m.; ticket deadline is Tuesday.
- A luncheon at the NCO Club Friday, Feb. 17. The guest speaker will be Dr. Carolyn Fountenberry, professor of Ethnic Studies at the University of Santa Clara. The luncheon will be held from 11:30 to 1:30 p.m.; ticket deadline is Wednesday.
- A variety show at Schwartz Theatre on Saturday, Feb. 18, from 2 to 5 p.m.
- A three-mile run-a-thon on Wednesday, Feb. 29.

For ticket referral and additional information, call or visit MSgt. James Williams at building 909, ext. 6084/3701.

Energy seminar to be held

An "Energy Awareness Seminar" will be held here from February 22-24. A special session "Energy Conservation in Family Housing" will be held at the NCO Club, Building 135, on February 24 from 9-11 a.m. Housing residents are encouraged to attend. Other sessions will be directed toward other groups and organizations.

Newspaper guidelines

Guidelines for publishing items in the Star Presidian are:

- Meet deadline — deadline is noon on Monday in order to meet the Thursday publication date. In case of a Monday holiday, deadline is automatically moved to the preceding Friday.
- Double-space all copy for publication — this is a MUST! Triple-spaced copy is preferred, but double-spaced copy is a firm requirement. Failure to double-space may result in a story not being published.
- NEVER use military dates or times. Write dates and times as: January 23, at 6 p.m. (for example). Writing the year isn't necessary unless it's other than 1984.
- NEVER use all capital letters unless indicating a new category or topic, or a word that should be strongly emphasized.
- Don't use letters or numbers to list items — start a new paragraph.
- Don't use cryptic listings, such as dates, times and amounts only — such listings must be completely rewritten.
- Type copy on a 60-character line. Set your margins on 30 and 90, for example, and type . . . but don't forget to double-space!

Please take a little extra time to follow these guidelines. These guides help reduce errors in printing and make it much easier to print your story in the **Star Presidian**.

Star Presidian offices are located in building 37 (CPO), room 212, and staff members may be reached at extension 3908.



photo by Rick Wetzel

Surprise landing

Presidians were a bit surprised when this helicopter landed on the parade field Monday. Calm down, folks — Lt. Gen. David E. Grange, Jr., Sixth U.S. Army commander, was just leaving on a quick trip.

Fort Baker youths find money

by J. Alan Edmonds

Imagine finding 100 freshly wrapped ten dollar bills, unmarked and deserted in a remote, wooded area. Now stretch your imagination even further — what if you returned to the site of your discovery and found an *additional* roll of bills *also* worth \$1000? What would you do?

That is precisely the situation two Fort Baker youths, Steven K. Gilman and Robert A. D'Ambrosia, were faced with when they discovered \$1000 in low brush near an isolated spot at Fort Baker.

"We were out hiking and exploring an area around the beach at Fort Baker," Steven says, when he and Robert "spotted a packet of ten dollar bills."

Steven, who is the 14-year old son of Lt. Col. Robert and Dian Gilman, says that initially he was caught up in the thrill of finding the money. "I was excited when I found the money. I stuck the packet inside my shirt and Robert and I turned and ran as fast as we could toward my house."

Robert, who is also 14 years old and is the son of Lt. Col. James and Tiki D'Ambrosia, says the first thought that raced through his mind when they discovered the bank packet was that the isolated spot could be a drop-off point for unsavory characters — characters who very well may have still been in the vicinity. "That's why we left the area

in a hurry," Steven explains.

The boys say that after running almost half way back to the Gilman home, a distance of about half a mile, they stopped and re-examined the money. Steven says it was then that he realized how much was actually in the bundle.

Both boys say there were fleeting temptations to keep the money. "Naturally, there was a little temptation to keep it. But we both knew the right thing to do was to turn it in. After all it would have been a bit hard explaining a new ten-speed bike to my dad," Steve says laughing.

Robert also acknowledges the temptation. "Sure we thought about keeping the money. But we knew we had to turn it in and anyway it wasn't 'real' money,"

Young Robert questioned the authenticity of the money because of the red dye capsule found inside the packet. The capsule is a clever method of marking both illegally gained bank funds and the thieves themselves. The capsule is primed to explode, covering everything (money, skin, clothing, cars, etc.) it contacts with an indelible red dye. This renders the money non-negotiable and the robbers easily identifiable.

But the story does not end here. Later, after notifying the authorities and turning the money over to law enforcement officials, Steven telephoned Robert and together

they planned to return to the remote area the following day. After combing the area the boys located a second packet at the base of a tree. Minutes after returning home with their newly found bundle, law enforcement officials arrived at the Gilman home to ask the boys to lead them to the site where the money was discovered . . . only to find that Steven and Robert had already searched the area for more money packets.

Steven and Robert, who both attend Tamalpais High School, were presented with Blue Chip awards by post commander Col. Eugene Hawkins for "honesty, quick thinking and common sense," according to a memorandum from Maj. Gregory Lowe of the Provost Marshal's Office.

"The warm reception the kids have gotten is terrific," Lt. Col. Gilman says. "Many people criticize kids for the trouble they get into. It's great to recognize kids when they do something good that shows character. We should do this more often."

"I wasn't surprised at all that my son chose to turn the money in," Lt. Col. D'Ambrosia says. "This is very typical of my son — he's a good kid."

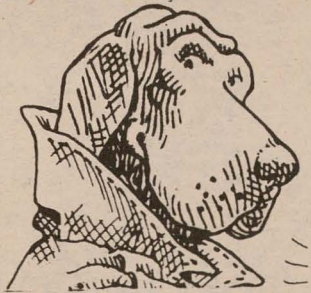
Young Steven enjoys fishing and hunting and plans to become a police officer. Robert collects coins and participates in soccer and aspires to join the military.



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Opinions

TAKE A BITE OUT OF CRIME



OPERATION IDENTIFICATION

To reduce the risk of becoming a victim of criminal activity, all service members, their families and civilian employees should participate, collectively, in Crime Prevention programs in the military community. The Presidio Army Operation Identification program is designed to help you help yourself. Operation Identification simply consists of marking property to make it identifiable and traceable to its owner should it become lost or stolen. Operation Identification has proven to be a highly effective program across the

country, but its success depends upon the willingness of individuals and communities to actively participate.

Engraving tools are available for sign-out at the Crime Prevention Office. Engrave your driver's license number or social security number on valuable possessions that thieves would find most appealing and prefix your driver's license number with the abbreviation of your state (i.e., CA, NY, TX). This method of marking could be used on items such as stereos, cameras, radios, televisions, weapons, tools and bicycles. Some high-value items, such as coins, jewelry and collector's items, that cannot be inscribed should be photographed. A photograph of the item, with detailed identifying information recorded on the back of the photo, could assist in verifying ownership if the item is recovered. Inventory sheets are also available for use in recording a description of valuable property and the serial numbers.

After you engrave your property, place Operation Identification stickers on your home's front door and other obvious places warning potential thieves that "ALL ITEMS OF VALUE ON THESE PREMISES HAVE BEEN MARKED FOR READY IDENTIFICATION BY LAW ENFORCEMENT AGENCIES."

This will help foil a thief in three ways. First, if he is stopped by police with the marked items in his possession, he can't plead convincingly they are his own. Second, your possessions now are easily identifiable which means "fences" (illicit buyers) who buy and resell stolen property will be reluctant to buy the items.

The thief gets stuck with the goods when what he really wants is money. Third, the stickers may discourage a thief from even breaking in at all.

The key to success is for a large number of citizens in a community to participate so thieves will know they are operating in a crime prevention community. Take the time now to help yourself — Operation Identification prevents burglaries and break-ins, and greatly enhances the ability of police to identify and return stolen property.

To sign out an engraver, pick up inventory sheets and operation ID stickers, contact the Crime Prevention Office at 561-5011/4925.

CRIME REPORT

Shoplifting

An individual was observed taking several items and tried to exit the Main PX without paying. The store detective detained the person.

Larceny of Private Property

Person(s) unknown removed a wallet with cash, several credit cards and other miscellaneous items from a secured wall locker.

Larceny of AAFES Property

An individual removed a pre-recorded cassette tape and tried to exit the Main PX without paying for the item. The store detective detained the person.

Larceny of Government Property

Person(s) unknown removed a chainsaw which was left unsecured.

Ramblin' Sam

"What's your idea of a romantic evening?"



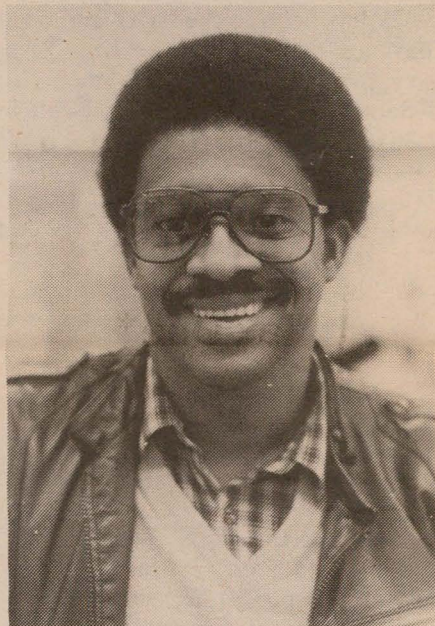
SFC Shirley Bluiett, computer operator, 6th Army IMO, "My idea of a romantic evening would be a nice dinner, roses, and nice box of candy. I want the works."



Ann Nishimura, family member, "My idea of a romantic evening would be a candlelight dinner, champagne, dancing till 2 a.m. and not having to wake up in the morning for work."



Sgt. Barton Burrell, supply clerk, 548th EOD, "My idea of a romantic evening would be being caught in a snowbound cabin with nothing but a cozy fire and listening to some nice mellow music, and fully enjoying the company you're with."



Capt. Henry Keith, personnel officer, (reserves), Oakland Army Base, "A romantic evening would be being with the one you love, sharing a candlelight dinner, soft music and maybe attending a show, going home and lighting a fireplace and having a cold glass of white wine."

To the Editor

(Editor's note: The following letter was addressed to the president of the Army Golf Club Council and to the editor of the Star Presidian.)

Dear Sir:

Your "Dear Member" letter of 1 February, 1984, in my view, should have addressed the most pressing concern of our general membership — what are we doing to improve our apparently nonworking program of green/tee maintenance?

Without a doubt the Presidio Golf Course could be the finest tract in Northern California if we had decent greens and teeing areas. What we have now (and even through the summer months) are an embarrassment to the great game of golf.

The improvements mentioned in the newsletter are, for the most part, cosmetic and indeed have improved course esthetics. I'll bet, however, that our lowest and highest handicapper would trade all the benches,

wastebaskets, tee maps and building improvements for greens you can putt on rather than hit and hope and tees that offer level lies and properly groomed grass.

As you know, all the great courses and even the good ones are remembered in terms of "how were the greens?" Our greens are remembered in descriptions of ball marks, foot prints, bald spots, damaged cups and the new-to-the-scene holes caused by soft spiked shoes.

Having served several years on golf councils, I can tell you the obvious — greens maintenance is more than cutting grass and cups. Also true is that tee maintenance is more than sticking some tee markers in the ground. What is needed is close supervision by someone who is not only professionally knowledgeable but who also loves the game. Such individuals are found at those aforementioned great and good courses.

We seem proud that the course has experienced very little "down time" when I believe that is one of the greatest contributors to our nearly unplayable greens. Those days when the "red flag" is required should be looked at closely for either play on temporary greens or no play at all. Most members who care about the game of golf would not object too strongly. Those who would be also the ones who fail to fix ball marks and remove their ball from the cup with a putter.

The Post Commander has declared 1984 as "The Year of Action" and to this end I would welcome some action on our greens and tees. Additionally, the overused excuse of climate vs. course condition should be laid to rest.

Name Withheld

As a footnote, you might also want to ask management at the Presidio Golf Club why half of the ceiling lights in the locker room have been inoperable for nearly two months.

The Star Presidian is published weekly by Specialty Graphics as a civilian enterprise in the interest of the military and civilian personnel at the Presidio of San Francisco, California.

The Star Presidian is not an official Army newspaper. The views and opinions expressed in the newspaper represent individual writers of the publisher and are not to be considered those of the Department of the Army or any of its agencies.

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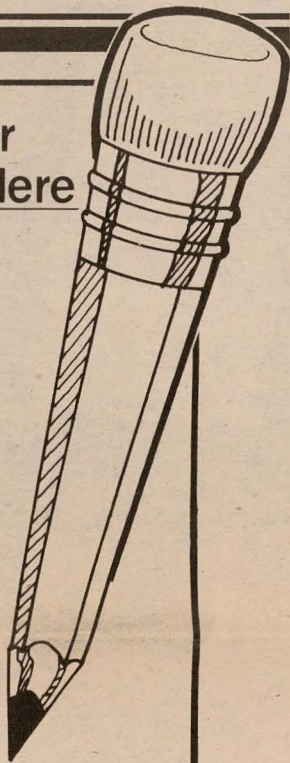
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Class teaches parent-child communication

by Bob Walker

As any parent knows, parenting is a trying and a difficult job, requiring skills in communication to prevent arguments and confrontations within the family.

Parenting isn't taught in school, so where does a parent go to learn communication skills?

One answer is the Parent Ef-

fectiveness Training (P.E.T.) class held at the Child Development Center, building 569. The class is taught by Karen Jupe, family services director, on Wednesday nights from 7 to 9:30 p.m. The cost for the class is \$40, which covers class materials and the class takes 24 hours to complete.

P.E.T. can be a big help to parents by training them in

problem solving skills and building communication skills which help prevent confrontations between parent and child.

According to Jupe, the training is a no-force plan where everyone wins by working things out through talking and listening. Problem solving allows the children to have as much say as the parents about how to work things out. P.E.T. is a good foundation for human communication in general — not just for parents.

Jupe has two teenagers, which gives her a feel for what other parents experience. She also has had experience as a first and second grade teacher and has been a teacher at the Child Development Center here for about 12 years.

"I sometimes catch myself saying things as a parent that sound just like my mother and I don't like this. They (my parents) did the best they could; I just couldn't believe I was doing the same things. I began to ask myself, 'why'?"

I realized I had to let go of some of the things I grew up with. P.E.T. helps me to do that," Jupe said.

According to Jupe, one thing P.E.T. teaches is problem solving. First you have to determine whose problem it is, then the person who has the problem then tries to solve it. If the problem is the child's, the child works it out; parents don't work it out for them — they support them.

Petty Officer 1st Class Bull Durham said he and his wife decided to take the class because they wanted to be effective parents. His father was strict and he wanted to be different.

Sharon Durham said that their 4-year-old daughter Becky was learning to "work one parent against the other." Then Becky began coming home from Jupe's preschool class and would say, "Let's talk about it."

"I hope to get a better understanding of what a parent is, how to act and how to cope with one another," Bull

Durham said.

"The class is a good place to share experiences with other parents. The military really needs this kind of help as they are on their own without aunts, uncles and parents. I already have more tolerance with Becky," Sharon Durham said.

Leslee Hornick said, "I found myself acting like my father when I get angry. I wanted to find another way to deal with it. I've already gained a feeling of self-assurance from the class."

P.E.T. is an ongoing program and it's generally taught twice a year, starting in February and again in October. "If there is enough interest, another class could be set up and started before October," Jupe said.

"Parenting is the one thing we don't get educated for," she added.

If you are looking for an education in parenting, contact Karen Jupe in building 569 or call 561-4712. It could make your family life better.



Karen Jupe, family services director, conducts a class in effective parenting techniques at the Child Development Center in building 569.



A group of parents listen attentively to Jupe as she gives advice on effective communicative skills.

photos by Bob Walker

SOM exhibits winning character, attitude

by J. Alan Edmonds

Alphonse Karr once said something like this — Every man has three characters — that which he exhibits, that which he is, and that which he thinks he is.

That which he thinks he is... "I didn't think that I could match up to the other nominees. Most of them had been nominated before and this was only my third board

since being in the military. I felt they had a better chance than I."

That which he exhibits... "He is an excellent soldier. When he puts his mind to doing something, he does it well. I felt he had a good background and the potential for doing well on the board. He has found a way of combining being a soldier with doing his job and maintaining a profes-

sional attitude," says SSgt. Veronica Bennett, Military Police Investigations supervisor. That which he is...

The two previous statements were made, respectively, by and of Spec. 4 Marc R. Remson, the January Soldier of the Month.

Remson says he was "happy" when he learned he had been chosen by the board for the January honor. "I didn't think I'd done enough to win it. I was very nervous before

going in front of the board, but the closer I got to that door the more confident I became," he said.

The modest young man from Los Angeles, Calif., says that the hardest part about appearing before the SOM board was the waiting. "The most difficult thing would have to be waiting the hour and a half to two hours before it was your turn to knock on the door. That's the time when you start thinking of the things

you don't know and of the little things you've forgotten," Remson explains.

Remson, who is a 22-year-old military police investigator, says he believes it was confidence in himself which may have given him the edge over his competitors. "If I knew the answer to a question, then I let the board members know I knew the answer," Remson states.

A graduate of Perris High School in Perris, Calif., an honor graduate of the Primary Leadership Course and the recipient of the Army Achievement Medal, Remson has toured places such as Fort Lewis, Washington, Fort Monmouth, N.J. and Wiesbaden Air Base, Germany, during his three and a half years of military service.

"Remson is very dedicated to his work," says Bennett, who is Remson's supervisor. "He's what I call a top-of-the-line soldier."

Remson also believes that winning the award will serve as a testimonial of his good character. "I think winning this honor will help me attain my E-5 and the commanders of any units that I'm transferred to from here will have a positive outlook on me as a soldier with this award behind me."

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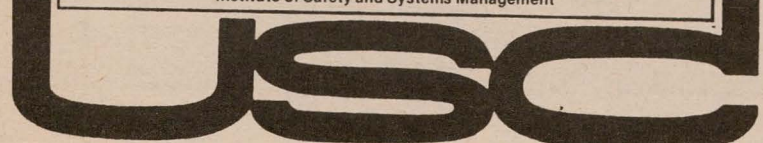
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Water conservation saves \$

by J Alan Edmonds

Conserve! Conserve! Conserve!

That word may become very familiar to Presidians since the Department of the Army Energy Awareness Seminar is scheduled to be held here from Feb. 22 through 24.

But one area of energy conservation which may not receive as much publicity as gas, light and electricity is water conservation.

According to Alex Maciejewicz, the chief of the Energy and Environmental Office at DEH, the Department of the Army sets an energy reduction goal for each one of its major commands (such as FORSCOM) and that major command then sets an energy reduction goal for each of its installations. Maciejewicz says that the Presidio's energy reduction goal for 1984 is 4.6 percent.

One way to help meet this

goal is to conserve water. "Water conservation is important because people often use hot water for tasks such as dishwashing, laundry and showering. But what people fail to realize is that it takes energy to heat that water. So it stands to reason that the less hot water used, the more energy saved," Maciejewicz says.

Maciejewicz points out that the Presidio produces approximately 80 percent of its own water. "Water is pumped up from Lobos Creek (near 25th Street), which is the only remaining active, water-producing stream in the city, filtered through the treatment plant in the 1700 area and then sent through high-output pumps to the reservoir located at the top of Presidio Hill, some 380 feet above sea level," Maciejewicz explains.

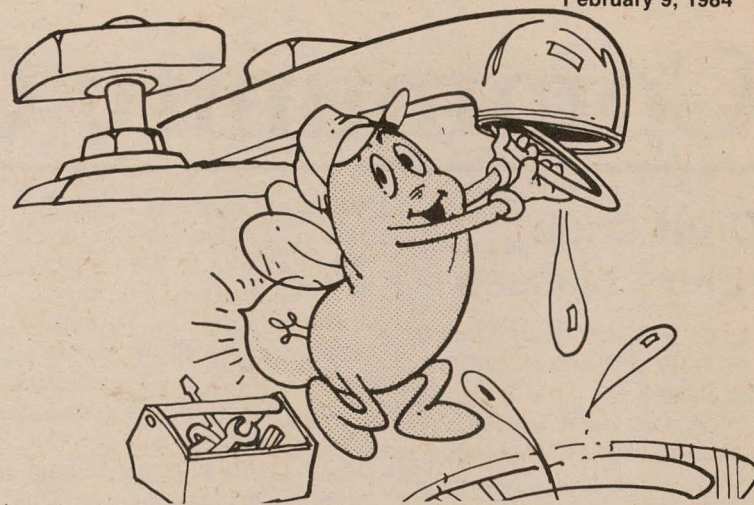
Maciejewicz says that the Presidio's water supply is re-

plenished through natural rainfall and an underground spring which feeds Lobos Creek.

"The reservoir can store about 6 million gallons of water and a network of underground pipes take the water to various areas of the Presidio," Maciejewicz says.

Although the Presidio is nearly self-sufficient in terms of water supply, Maciejewicz points out there is still a need to conserve. "The additional 20 percent that the Presidio requires is accounted for by the over-watering of lawns during the summer months. If Presidians exercised judicious watering of lawns during summertime then this would decrease our need to buy additional water from the city," Maciejewicz says.

Another reason for water conservation is the ever-present threat of drought. "A drought could happen any time and it



is a consideration in water conservation. As I understand it, during the big drought of the late seventies here, we were affected a lot less than the City. But we were under a lot of pressure by the City to allow them to buy water from us to supplement their water supply," Maciejewicz explains.

"Our priority in water conservation is to convince people to voluntarily reduce their water usage. Although water conservation may not be as obvious as switching off lights or lowering a thermostat it is

still significant," Maciejewicz says.

Some helpful hints to conserve water energy are:

- Repair leaky faucets promptly.
- Install an aerator in your kitchen faucet since it uses less water.
- Use cold water when possible for household chores.
- Insulate water tanks and pipes.
- And, remember that a temperature setting of 105 degrees usually provides adequate hot water.

Science Academy displays exhibits, laser light shows

story and photo by Liz Greeley

Pssst! Hey, come here! Now keep this under your hat. There's a place right here in San Francisco where you can see dinosaurs and dolphins, alligators and anacondas — creatures from the Pleistocene era right up to the present day!

You interested? Yeah, I thought you would be, now for a small admission price...

Well, it may not be a secret exactly, but the California Academy of Sciences in Golden Gate Park does have a Natural History Museum, the Steinhart Aquarium and Morrison Planetarium.

Located across from the M.H de Young Museum, the Academy of Sciences has dinosaur skeletons and live dolphins on display. There are also poisonous frogs, cobras, moray eels, penguins, art and underwater photography exhibits, laser shows and live concerts.

LAMC 7 East wardmaster, SFC Joseph Iannolino said, "It's interesting and educational — most exhibits are live and in a replica of its natural environment.

"I think this is one of the most extensive exhibits I've seen — you don't see as much variety (elsewhere)."

Is it one of those stuffy, stodgy and boring museums?

No, according to LAMC public affairs officer, Kathy Canham.

"No, it's not stodgy," she said, "It's alive.

"It's not a museum — there are live animals there, laser shows; they have artisans demonstrating their crafts, snakes to scare you out of your wits and lots of people having a good time."

The Academy is also the

West's oldest scientific organization (founded in 1853) and has eight active research departments according to Academy membership literature.

It's a real entertainment bargain, too — adult admission is \$2; \$1 for seniors and 12 -17-year-olds; 75 cents for 6 - 11-year-olds and children under six are admitted free. The first Wednesday of every month admission is free to everyone — planetarium costs are always a separate and additional charge.

So whether you enjoy laser light shows in Morrison Planetarium or you'd just like to see an electric eel in its natural habitat, the Academy of Sciences is the place to go.

But, sssh! Remember — keep this under your hat or everybody will find out.



This Sabre-toothed Cat, *Smilodon californicus*, at the Academy of Sciences originally came from the Rancho La Brea tar pits of Los Angeles.

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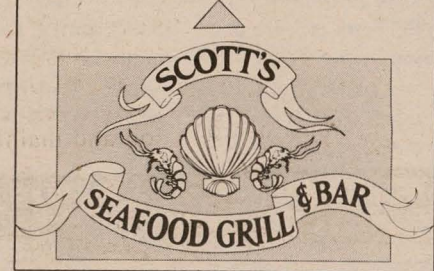
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Community Calendar

Craft shop offers classes

The Presidio Craft Shop is currently offering the following classes:

- A Design Workshop beginning Saturday, from 9 a.m. to 4 p.m. No art experience is necessary — this class is for everyone and a \$12 fee covers both art supplies and lunch. You'll learn basic design which you can apply to all arts and crafts projects.

- German Folk Art Painting (peasant painting on wooden objects). All interested parties should sign up now and a class will be scheduled. No painting experience is needed, this class is designed for beginners and will meet one night each week for six weeks.

- Jewelry-making. Sign-ups are now being accepted. For more information or registration, call ext. 4497 or come by the Post Arts and Crafts Center, building 122.

Over Forty Social club

The Over Forty Single Social Club will hold a Valentine Party Friday at 7 p.m. at the Religious Activities Center, building 682. The party will feature folk dancing, fun and friendship. Bring a snack to share if you like; drinks will be provided. Entry fee is only \$1, so call ext. 3535 and let us know you're coming!

New class begins here

If you missed the January starting date for the Spring term college courses, consider this opportunity to earn 4 semester hours of credit before you get busy with summer activities.

Beginning February 27, a new class will be offered on the Presidio, entitled "Argumentation and Advocacy," the course will teach students how to analyze and deliver their own effective arguments.

Not sure this course would benefit you? Think about the last time someone tried to convince you of something. You didn't agree but the way it was presented sounded so logical that you could not refute it! Perhaps you have trouble defending your own opinions because you were never taught how to do it effectively.

If this sounds familiar, Argumentation and Advocacy (Spch 250) could be the answer. It is also an excellent choice for the general student needing humanities credit. It

will meet at the Ft. Scott Education Center, Bldg 1216, on Monday and Wednesday, 6-9:15 p.m. from February 27 through May 2. Tuition is \$248, which can be partially paid by the Army for soldiers eligible for tuition assistance. The instructor will be Mr. Ralph Gant, who received outstanding evaluations from students who attended his last class, Fundamentals of Oral Communication.

See your counselor at the LAMC or Ft. Scott Education Centers and sign up today!

Child center volunteers

The Presidio Child Development Center is now recruiting volunteers over 55 years of age to participate in its new Cross Generations program. This new program will involve retired men and women working with infants, toddlers, preschoolers, or school-age children.

An information meeting on the program will be held on February 22 at 10 a.m. at the Child Development Center, building 572. At this meeting, the Cross Generations program will be explained followed by a tour of the Child Development Center.

Volunteers will begin to work with children in early March, using skills they already have and they will be able to choose the age group they wish to work with. Volunteer activities may range from cuddling an infant or helping a preschooler with arts and crafts to sharing a wood-working project with a school-age child.

In addition to working directly with children at least once a week, volunteers will also attend workshops on child growth and development.

In addition to working directly with children at least once a week, volunteers will also attend workshops on child growth and development.

For more information on the Cross Generations program or to volunteer, contact Ms. Sandra Talbot-White, Child Development Center director, at 561-4712.

Host families sought here

Qualified host families are now being sought for American Foreign Student Program exchange students from France. These students will spend one month this summer experiencing the United States by participating in the daily

life of an American family.

The American Foreign Student Program, a nonprofit organization, is searching for American families excited by the prospect of sharing their homes with a European exchange student. Host families provide room and board and offer him or her the same guidance and love they give to their own children. By sharing their daily life with a student from another country, the family will have a unique opportunity to learn about another culture through a native's eyes, while deepening their appreciation of their own country by introducing America to someone new. Families interested in participating in this program can receive more information by contacting their local community representative, Penny Morales, at 929-0438 after 5 p.m.

Blood drive

The 1984 First Quarter Blood Drive will be held on Tuesday, Feb. 21, from 8 - 3 p.m. at the NCO Club, building 135.

Prospective donors may also give blood on Thursday, Feb. 23, from 8 - 3 p.m. at the Log Cabin, building 1299.

Incentive prizes for donors include:

- One free night at the Lake Tahoe condo.
- Two free dinners for two.
- Two free theater tickets.

For further information, call Ruthie Adams or Ivania Brown at ext. 4516/4096.

Ballet lessons

Parents interested in having their children, ages 6 and up, take ballet lessons are invited to contact Mrs. Helen Piernik, at 994-0681, between noon and 2 p.m. on weekdays. Classes are held in building 1390, next to the Fort Scott Chapel.

CPO gives clerical tests

The Office of Personnel Management (OPM) has again given the Civilian Personnel Office (CPO) at the Presidio authority to administer clerical tests and to immediately consider those who make a high enough score for permanent and temporary jobs.

This authority is similar to that used by the CPO before last October when OPM re-centralized examining authority. Under the centralized system, job seekers who had not taken the clerical service test were sent to OPM on Golden Gate Avenue for testing. Even after being tested,



Historic photo

The Chapel of Our Lady was originally constructed and used as the post chapel. Built in 1870, it has been remodeled through the years to what it is today. It is now used for Catholic services.

getting referred for a job on the Presidio still took several weeks or longer and was far from being guaranteed.

Now that the CPO is again administering the clerical test, a job seeker can be tested and rated at the CPO and those who make a high enough score can be referred for positions right away. The test will be given in the CPO on a weekly basis, making it more convenient for military family members and others interested in working at the Presidio to get jobs.

For more information and to sign up to take the test, contact the CPO receptionist at (415) 561-5732.

Valentine's day celebrated

The Single Parent Support Group will celebrate Valentine's Day with a potluck dinner at 5 p.m. on Tuesday, Valentine's Day, at building 682. All single parents are invited to join this informal group to share both the good and the tough times with others who understand. For more information, call Ms. Newcomb at ext. 5057.

Recycling efforts start

Recycling for February will take place Saturday, Feb. 11. Presidio residents are re-

minded to have newspapers and all-aluminum cans ready for pickup from 10 a.m. to 2 p.m. All proceeds from recycling go to the Boy Scouts, Girl Scouts, Parent-Youth Club and the Aquarius Swim Club. In case of rain, there will be no recycling. However, cans and newspapers can be dropped off at the recycling point, next to building 661, any time.

Rec. Center news, events

The Presidio Recreation Center is currently offering the following:

- Classes in interior design, TRS-80 computers and square dancing.
- Tours to Alcatraz and the Chinese New Year's parade (February 18).
- A special trip to Reno/Sparks, Nevada.
- Discount tickets for Disneyland; the play "Little Mary Sunshine," at the Alcazar Theater; White River tours and white water rafting.
- Volksmarches February 18 and March 10.

For more information, call the Recreation Center at ext. 2000 after 2 p.m. Hours of operation are: Mondays closed, Tuesdays 2-6 p.m.; Wednesdays and Thursdays 2 - 9 p.m.; Fridays and Saturdays 2 - 10 p.m.; Sundays and holidays 2-9 p.m.

At the movies

Presidio Theatre

Feb. 9	Last Plane Out (PG)
Feb. 10	Last Plane Out (PG)
Feb. 11	Stacy's Knights (PG)
Feb. 11	Stacy's Knights (PG)
Feb. 12	Scarface (R)
Feb. 13	Scarface (R)
Feb. 14	Scarface (R)
Feb. 15	Scarface (R)

Letterman Theatre

7 p.m.	Feb. 9	On Any Sunday II (PG)	7 p.m.
7 p.m.	Feb. 13	Stacy's Knights (PG)	7 p.m.
2 p.m.	Feb. 15	Scarface (R)	7 p.m.
7 p.m.			
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7 p.m.			

Presidian Preview: In Scarface Al Pacino plays a young Cuban refugee swept up in the world of international drug trafficking. He moves through the ranks, eventually becoming Czar of the drug underworld . . . then comes his downfall.

Sports

Presidio mens' soccer team breaks into win column, defeats West Marin

Sunday at McIntyre's Park in San Rafael, the Presidio Men's Soccer team broke into the win column, by defeating a strong West Marin team by a score of 4-2. Dr. Rich Morales (LAMC) led the scoring with two goals. Ventura "Panama" Rodriguez (LAIR) scored one goal after several near-

misses. Other offensive stand-outs included Rod Paradis (DLI) and Tim Farrell (DLI). After two quick goals in the opening five minutes, West Marin was held scoreless by hard defense and superb goal keeping by Gordon Moore (LEC). A strong defensive ef-

fort was led by team captain, George Ferguson (USAG). Assisting Ferguson with excellent play was Morris Johnson (LAMC), Dave Taylor (LA-MC), and John Wagstaff (6th Army).

The Presidio's next game is scheduled for Sunday, Feb. 17, at the Ft. Scott Field.

Intramural golf begins competition in March

The 1984 Intramural Golf League competition will begin on March 8. Detailed information, eligibility, team composition and method of entering a team are contained in PSF Supplement 1 to AR 28-1.

1984 Intramural Golf matches will be played at the Presidio

Golf Club on Thursdays at noon. A mandatory meeting will be held at the starter's shack for all team captains, at 11:30 a.m. on March 8.

Units desiring to enter a team are requested to contact Sports Branch, MSAD, ext. 4120/5032, no later than February 23.

Operating hours at gym change

The hours of operation at Post Gym No. 1, building 63 will be changed to as follows: Saturday, Sunday and holidays - 9 a.m. to 4:30 p.m. This will be effective starting Sunday, February 19.

Racquetball court built

A new racquetball court has been built in Post Gym No. 2, building 1152. The court is now available for reservations, Monday through Fridays, 9 a.m. - 7 p.m. Call ext. 5051 or come by to book the court for a one hour period.

Racquetball racquets, balls and eye guards are available for checkout by military I.D. card holders.

The court is open to the active duty military, family members, retirees, reservists and DA civilians who work on post.

Boxing team now in training

The Presidio Boxing Team is now training in preparation for the Regional Golden Gloves Boxing Championship. This championship offers opportunities for competition at both the experienced (Open Division) and inexperienced (Novice Division) levels.

The Northern California

U.S. Army, and Lt. Col. John Dobbs and Ron Cole.

Outdoor Recreation

Outdoor Recreation is currently offering the following:

- A one-day ski trip to Kirkwood at South Lake Tahoe on March 3. Cost is \$45 per person with 50 percent due on sign-up; the remainder is due no later than Feb. 17.

- Two three-day ski trips to South Shore, Lake Tahoe on March 23, 24 and 25; and April 6, 7, and 8. Cost is \$55 for skiers and \$50 for non-skiers. Fifty percent of the trip cost is due on sign-up and the rest no later than March 6 for the March trip; March 20 for the April trip.

- Scuba classes starting Tuesday, March 13 at 6:30 p.m. Classes will be held eight consecutive Tuesday evenings — sign-ups are being taken now.

- A scuba class starting Saturday, March 17, from 8 to 11 a.m. which will run three consecutive weekends.

Equipment for the duration of these courses may be rented from Outdoor Recreation for a minimal fee. Cost for the courses is \$85, including two open-water dives.

For more information, call or come by Outdoor Recreation at building 92, ext. 4324. Hours of operation are: 8:30 a.m. - 5 p.m., Monday through Friday; 9 a.m.-12 p.m. Saturdays, 1 - 4 p.m. Sundays; and 9 a.m. - 12 p.m. on holidays.

Wrestling class

Youth Activities wrestling will be continuing for youngsters 6-16 on Mondays from 5:30 to 7:30 p.m. and Saturdays from 10:30 to 12:30 a.m. Youngsters interested in wrestling should come to the Main Post Gym.

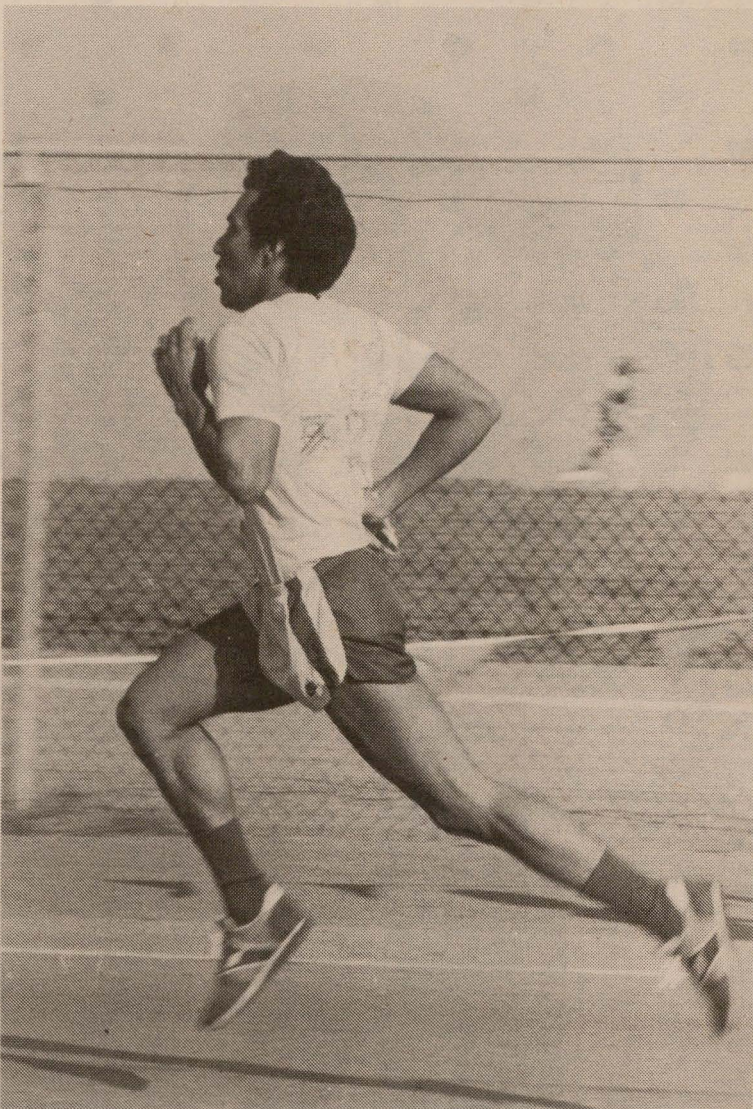


photo by Richard Wetzel

Marathon man

A runner participates in the Xerox Marathon Relay race held here Saturday. A total of five teams from the Presidio were entered in the competition.

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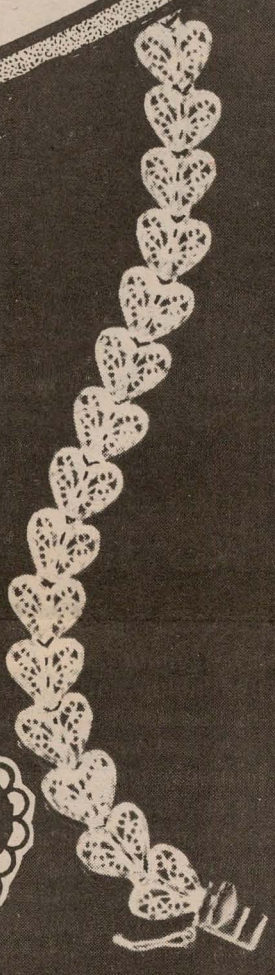
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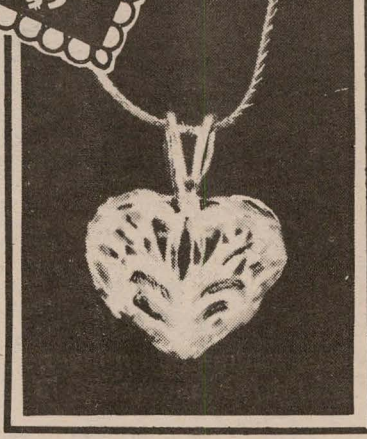


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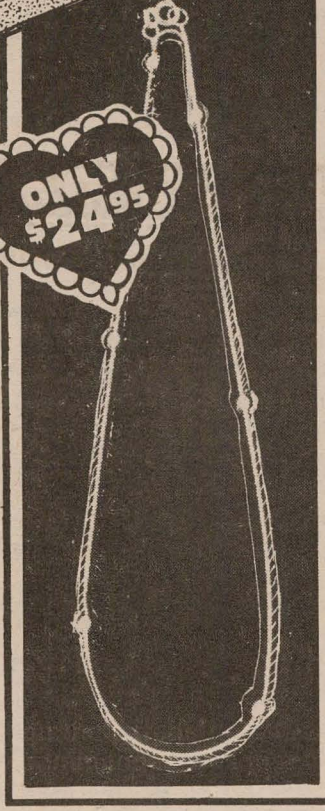
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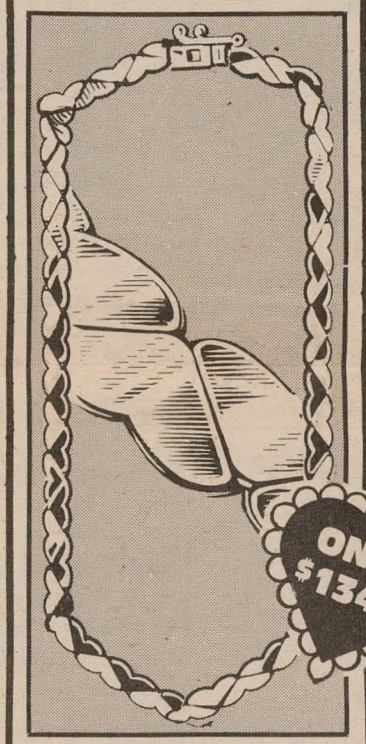
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Star Presidian

Vol. 27, No. 6

"Published in the interest of the personnel of the Presidio of San Francisco."

February 16, 1984

Brown bag concert

The Sixth U.S. Army Show Band will have a Brown Bag Concert on Tuesday, February 21, at 11:45 a.m. at the Presidio Playhouse. Bring your lunch and move your feet to the military beat while this fine jazz group performs during lunch.

White blood cell donors needed

LAMC's Cell Separator Unit is in need of volunteers for its white blood cell donor program.

Donor criteria is the same as for those who donate whole blood; donors must be 17 to 65 years of age and in good health.

The staff of the Cell Separator Unit explained that while the mission of red cells in the blood is to carry oxygen, the white cells fight bacteria and infection and make antibodies, as platelets help in blood clotting. White cells are needed by leukemia patients as well as some cancer patients.

For information, call Ruth Kiker, R.N., at 561-4458/4398/4940, or come by Ward 4 East, Room 8.

Vo-Tech week

February 19-25 has been designated by Headquarters, Department of the Army as Vo-Tech Week: World of Work.

The purpose of Vo-Tech Week is to spotlight the importance of vocational technical education to military readiness. A college degree is not the only educational avenue to professional and personal development and satisfaction. Courses which teach skills or knowledges related to a soldier's military duties can enhance job performance and contribute to the accomplishment of the unit's mission.

The Army Continuing Education System encourages soldier participation in vocational technical education through the following programs:

Apprenticeship.

This is an opportunity for soldiers in a trade-oriented MOS to document their on-the-job training experiences for credit toward a civilian journeyman rating. Apprenticeship is available in over 160 MOS's. In order to benefit, a participant must be working in the authorized primary, secondary, or duty MOS.

Depending on the rank of the soldier, 75 to 90 percent of his tuition costs may be paid for attending off-duty courses at regionally accredited schools. The goal of the instruction could be skill development or certification, but it must have military value.

Local sources of vocational technical education include the San Francisco Community College Centers, which offer subjects such as computer science, automotive repair, electrical systems, welding, and foreign languages. Some technical training is conducted by local accredited colleges like City College of San Francisco, Cogswell College, Heald Business College, and Heald Institute of Technology. These schools provide an opportunity to learn or sharpen a skill and earn college credit at the same time.

Soldiers interested in vocational technical education are invited to talk with a guidance counselor at the Ft. Scott Education Center, building 1216, 561-2974, or the LAMC Education Center, Bldg 1007, 561-4030.

Commissary hours change

The Presidio of San Francisco Commissary will be closed on Tuesday, February 21 for Washington's Birthday. This is in addition to normal closure days, Sunday and Monday, February 19 and 20.



U.S. Army photo

Grange departs Presidio

Another day, another 590 miles. Every day since Aug. 10, 1981, Lieutenant General David E. Grange, Jr. has traveled an average of 590 miles by light aircraft, helicopter and automobile visiting the 1,700 units of the U.S. Army National Guard and U. S. Army Reserve in the 15 western states.

General Grange, as commander of the Sixth U. S. Army, had the stewardship for training, mobilization and readiness for Army National Guard and Army Reserve units from Kansas City to San Francisco and from the Canadian border to the Mexican border. Discharging his responsibilities required almost continuous travel for the 914 days he was in command. He traveled over 540,000 miles, equivalent to 21 and half times around the world.

Considering that the Army National Guard and the Army Reserve work mostly on weekends, General Grange often worked continuously for several months without a day off, stopping only occasionally to hunt or fish for recreation.

His efforts did not go unrecognized. The Army National Guard awarded him the "Eagle Award," their highest peacetime award. Five states, Oregon, New

Mexico, California, Nebraska and Arizona awarded General Grange their highest state awards. Governor Janklow of South Dakota declared a special day in his honor to recognize the special contributions General Grange had made to the readiness of South Dakota Army National Guard.

The Chief of the U. S. Army Reserve commissioned a special award in recognition of General Grange's sustained service to and in support of the U. S. Army Reserve.

General Grange and his wife Lois will depart the Presidio of San Francisco today for his new duties as Chairman of the Department of Defense Committee for World War II Historical Observances. General Grange is one of two generals still on active duty with World War II battle experience. He is the senior airborne infantryman on active duty and as such will represent the Department of Defense at several World War II 40th anniversary celebrations in Europe this summer.

How will General Grange start his new job? With a seven day, 3,500 mile drive from San Francisco to Washington D.C. in his new pick-up truck.

Arter named new commander

The Senate has confirmed the nomination of Major General Robert Arter for appointment to Lieutenant General as commanding general, Sixth United States Army headquartered at the Presidio of San Francisco.

General Arter comes to the Sixth Army from command of the United States Army Readiness and Mobilization Region VIII at Fitzsimmons Army Medical Center, near Denver, Colo. He has commanded the Region since June 1983.

A change of command ceremony was held at the Presidio at 10 a.m. on Wednesday. At that time

General Arter replaced Lieutenant General David E. Grange, Jr., who has been nominated by the President to chair the Department of Defense Coordinating Committee for World War II Historical Observances.

During his 32 year career General Arter, has commanded Infantry units of increasing size and importance at Army posts throughout the United States and has served overseas in Denmark, Korea and Vietnam.

General Arter is a native of Massillon, Ohio. He graduated from Ohio University, Athens, and holds a masters degree from Shippensburg State College, Pa.



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Opinions

TAKE A BITE OUT OF CRIME



The crime of burglary is one that can affect any household. Burglars pick the easiest targets they can find. They want to get in, get the loot and get away as quickly as possible. By putting a few "obstacles" in the way of a burglar, he is less likely to try to break in to your home, but will seek "easy pickings" elsewhere. By observing these few simple precautionary steps, you can reduce the possibility of a burglar selecting your household as his target.

Close and lock all doors, including porch, basement and garage. Use pin-tumbler cylinder locks on outside entrances and safety latches on the windows.

Connect a lamp to an automatic timer to turn lights in the home on and off each evening. This makes it appear that someone is at home, and also illuminates the area. Since noise is also a deterrent to burglars, connect your radio or TV to a timer.

Protect all doors and windows with an inexpensive, portable burglar alarm which sounds whenever someone attempts to break in.

Never leave valuables lying around; keep them in a safety deposit box.

If you are leaving for a weekend or longer, notify the Military Police as to when you will be leaving, how long you expect to be away, and what your vacation address will be. We can add your quarters address to our list of security checks to be made.

Cancel all deliveries, such as newspapers, mail, laundry, etc. Arrange with a friend to mow your lawn, and pick up any circulars or handbills that may have been left on your porch.

Leave your shades and blinds as you normally do. Closed blinds keep the sun out, but also make an effective screen for the burglar.

There is no such thing as a "burglar-proof" home. In spite of your precautions, a particularly determined burglar may disregard your efforts and break in anyway. In case this happens, try to make the burglar's "haul" as painless as possible. Don't keep cash around the house. Jewelry, stocks, bonds and other valuables should be kept in a safe deposit box. Engrave or photograph all of your valuable personal

belongings and keep a record of the serial numbers found on these valuable items. This will assist the police in recovering the goods if stolen, and also provides the necessary information for a quick settlement of your insurance claim.

The benefits to be gained by following these helpful tips are many. You can prevent financial loss, personal inconvenience, and possibly even physical danger by taking a few moments to protect your home. The average burglar is looking for the easy job -- the unprotected, empty household. Few will take the extra time and effort to overcome the obstacles you place in his path. Let these tips serve as a guide to keep your home safe from the danger of burglary. Contact the Crime Prevention Office at 561-5011/4925 for assistance.

CRIME REPORT

Person(s) unknown removed several sets of clothing from barracks washroom. They were left unsecured.

Person(s) unknown removed a Nikon camera and 200 mm lens from a secured file cabinet.

Person(s) unknown removed camera equipment from a POV.

Person(s) unknown removed a vest with keys in the pockets from the NCO Club.

Ramblin' Sam

Are BDU's a good work uniform? Why?



Capt. Michael Austin, law student, UC Berkeley, student detachment, Fort Benjamin Harrison, Indiana, "It depends. When I was working at Fort McClellan, Alabama, we had a problem with overheating and heat exhaustion. In the winter, they are fine; they're warm and durable."



Sp4 Kate Weldon, postal clerk, 16th BPO, "They're too hot in the summertime. They don't allow as much mobility as the fatigues. They're difficult to wear any kind of gear with."



PFC Leonard Rochefort, MP, 170th MPs, "Yes! They're durable, easy to take care of — the pockets are good for carrying items. They're comfortable."



Capt. Alice Wolting, projects officer, 6th Army IMO, "It's not a good working uniform because it's difficult to maintain and has a poor, unprofessional appearance."

Editorial

by Liz Greeley

A few days ago ago, a companion and friend, of sorts, departed. Oh, I don't mean a he or a she..I mean an "it." Specifically, one Nikon camera and 200 mm lens. If you look up at the top of the page, you will see it listed in the crime report.

Yes, I was ripped off. Someone walked right into the office of the Star Presidian and took it.

And I used to say to myself, when I read about thefts like this, just what you're probably saying to yourself right now, "oh, that can't happen to me. I take care of my equip-

ment and don't leave it lying around."

But the sad truth is that even locks don't always stop thieves and a lock didn't stop this one.

Worse yet, the thief left other cameras in the same drawer and took only my personal camera. Why?

Maybe because the other

cameras are registered with the Crime Prevention Office making them easier to trace—mine wasn't registered.

But the saddest thing is knowing that my camera might not have been stolen if I had registered it. The equipment that *wasn't* stolen stands as mute testimony. Because I

didn't register it with the Crime Prevention Office, equipment I paid over \$400 for has gone up in smoke.

Will they catch the thief? I don't know.

But this is a rather expensive item to chalk up to experience. Don't you agree?

The **Star Presidian** is published weekly by Specialty Graphics as a civilian enterprise in the interest of the military and civilian personnel at the Presidio of San Francisco, California.

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Conservation tips to help you save energy

by Bob Walker

"Presidio spends in excess of \$600,000 in energy costs per month, nearly one-third of that from family housing!"

That's what W. H. Prugh, energy coordinator, at DIO says.

With such a staggering energy usage, what can be done to conserve energy and to save money — money that could be better used to make life on the Presidio more enjoyable?

Here are a few heating energy conservation tips:

- Housing and offices should have the thermostat set at 65 to 68 degrees during the day and 55 degrees at night.

- Keep windows and doors closed when the heat is on.

- Curtains should be open while the sun shines on windows and closed at night.

- Wear warmer clothing so that a lower setting may be used comfortably.

- Keep fireplace dampers closed when not in use.

- Turn the thermostat down when the fireplace is being used.

- Don't heat unused or unoccupied rooms.

- Clean or replace filters as needed for proper furnace operation.

Here are some tips on the use of lights:

- Turn off lights when they are not being used.

- Use bulbs with a lower wattage.

- Use fluorescent fixtures if possible.

- Keep fixtures clean.

- Use three-way bulbs at the lowest setting while watching television.

- Turn off outside lights when they are not needed.

Tips relative to hot water use include:

- Repair leaky faucets.

- Use cold water when possible.

- Set the hot water temperature at 105 degrees, if not using a dishwasher.

- Don't let the water run needlessly.

- Use cold water when running the garbage disposal.

- Use an aerator in the kitchen sink faucet — it uses less water.

- Wash only full loads in the dishwasher and clothes washer and dryer.

- Use cold water to rinse the dishes before placing in the dishwasher.

- Let dishes air dry.

Other suggestions from Alex Maciejewicz, chief of the environmental and energy office of DEH include caulking and weatherstripping windows and doors as needed and other self-help projects.

According to Maciejewicz, DEH has done many things to conserve energy, and is constantly looking for methods of saving energy that will pay for themselves. DEH has relamped many offices and streets. Heating controls have been updated in some areas, and insulation has been added.

Presidio has a goal to decrease its energy consumption by 4.6 percent this

year — which represents several hundred thousand dollars, which could be spent on projects to improve the quality of life here, according to Maciejewicz.

"Unfortunately there aren't many positive incentives on post to save energy. The suggestion program is a good way to get something back for innovative ideas on conserving energy. Awards are made for suggestions that save money.

Seminars to show how to conserve

An Energy Awareness Seminar will be held here from February 22 through February 24, the purpose being to make people aware of energy and the need for conservation.

The command briefing on "Energy and the Army," will explain the seminar and the energy program to unit commanders. It will be held from 1:30 to 2:30 p.m. February 22 in the conference room of building 35.

A general session on "Energy and the Army" will explain the energy program,

goals and objectives to personnel attending sessions other than the family housing session. It will be held from 8:30 to 11:30 a.m., February 23 at the NCO Club, building 135.

The "Energy Conservation in Family Housing" session will teach military families how to save energy. It will be held from 9 to 11 a.m. February 24 at the NCO Club, building 135.

"Efficiency in Acquisition, Handling and Allocation of Mobility Fuels" is geared towards soldiers in both tactical and nontactical units which use large amounts of fuel. That session will be held from 8:30 to 11:30 a.m. February 24, at the Officers' Club, building 50.

"Energy Use by Building Occupants" is directed towards unit energy coordinators, building monitors and DEH. It includes a field trip conducting a physical inspection of a building to determine heat loss and energy waste. It will be held from 1 to 3:30 p.m. February 23 at the NCO Club, building 135.

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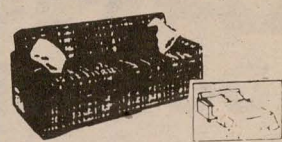


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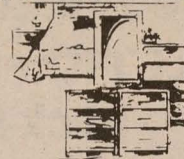
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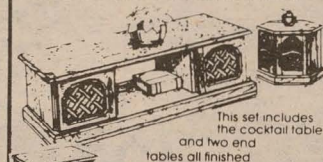
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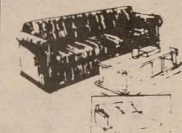
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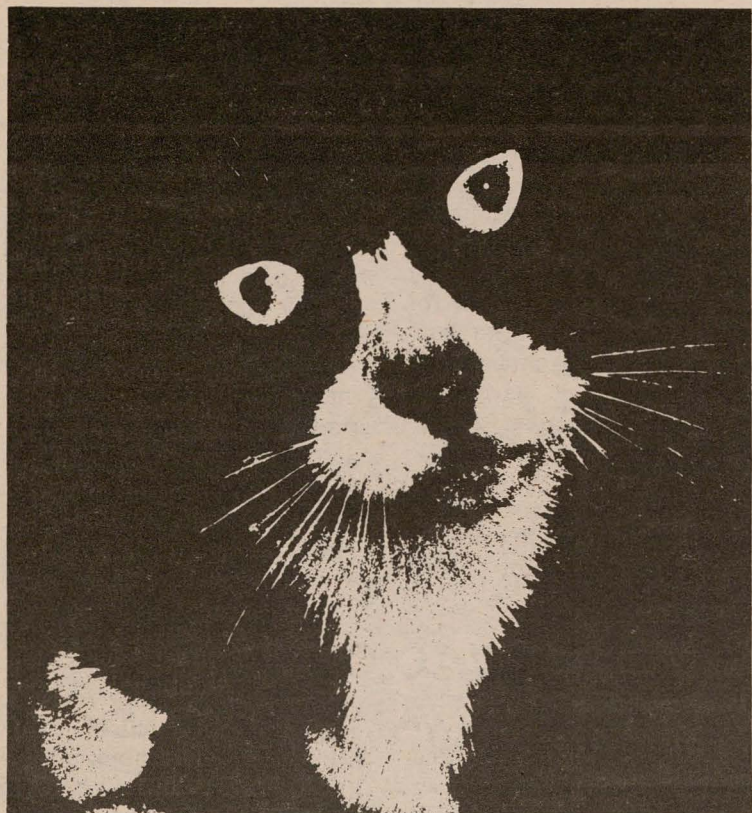


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Adopt-A-Pet Presidio veterinarians make it easy

by Liz Greeley

Money can't buy you love—or so goes the old Beatles' song. But there's a place on the Presidio where money *can* buy you love!

What! Where! How?

By adopting a pet through the Animal Disease Prevention and Control Facility (AD-PAC). And that's exactly what Presidio resident Susan McCray did.

"Our puppy *made* our Christmas," McCray said. "You shouldn't give gifts, you should give love. And when you give a puppy that's going to love you, well..."

And where is this love dispensed?

Tucked away in a building that served as a stable around the turn of the century is AD-PAC—building 668. Here, veterinarians give vaccinations to Presidio pets and here, also, MPs bring any stray animals they find.

Though the building was once a stable, few vestiges of its former occupation are visible inside. The building is outfitted with modern offices, treatment rooms and x-ray equipment.

And it's to this modern environment that MPs and others bring strays or injured animals. Stray dogs and cats come through at the rate of 200 to 300 animals a year—about 60 percent of those are

dogs according to Maj. Al T. Burrs, a veterinarian on staff there.

According to Dr. Burrs, the system works this way—an MP brings in a stray and the animal is checked for a tag or tattoo in its ear. If the animal has such identification, the owner is traced through the tag or tattoo number.

If there is no tag, the animal is kept at ADPAC for three working days. During those three days, the lost and found section and the classifieds are checked for descriptions which match the animal. A log is also checked—it lists animals lost in the area, along with the name and number of the owner. If there's a match, the owner is called.

If there *isn't* a match, the animal adoption process begins, because there's a *second* log. That log lists prospective pet owners, people who have called ADPAC and given a general description of the sort of pet they'd like to adopt...a small dog...a kitten, and so on. People on this list are encouraged to call every day to see if new animals have come in that fit their criteria.

If there's a match on the second list, the person gets a call from Dr. Burrs describing the animal and inviting them to come and have a look.

However, ADPAC still holds the pet for three days—

that's to give owners a fair chance to recover lost pets. At the end of the three days though, it's what Dr. Burrs describes as "first come, first served."

Of the 200 to 300 animals that come through ADPAC, about 50 percent are adopted out, Dr. Burrs said.

So what happens to the rest?

They go to the SPCA and are given another three working days in which to be adopted.

And what if a nice, well-behaved dog doesn't get adopted—what then?

Sometimes, Dr. Burrs admitted, the SPCA is asked to call the ADPAC back before they do anything with such an animal. Meantime, ADPAC staff will have been checking the papers and calling people who may want to adopt the animal.

"When the animal has a good chance, a good disposition, then we will do everything we can to get it adopted," he said.

Okay, so how do you get on the list to adopt and what are the requirements?

Just call ADPAC and tell them what sort of pet you have in mind, whether you are thinking of a small dog, a retriever, or a little kitten for the kids.

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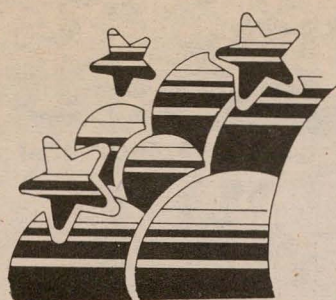
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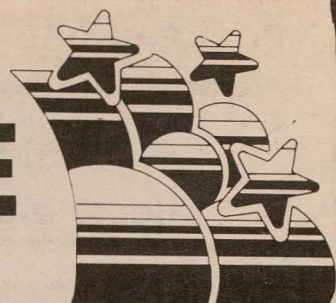
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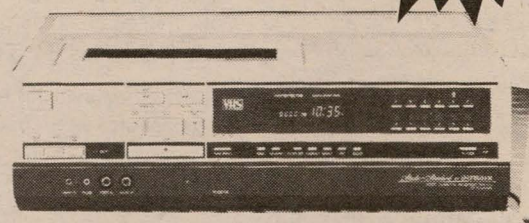
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Community Calendar

Presidio Theatre

Feb. 16	Jaws (PG)	7 p.m.
Feb. 17	The Wicked Lady (R)	7 p.m.
Feb. 18	Staying Alive (PG)	2 p.m.
Feb. 18	Staying Alive (PG)	7 p.m.
Feb. 19	Christine (R)	7 p.m.
Feb. 20	Christine (R)	7 p.m.
Feb. 21	Christine (R)	7 p.m.
Feb. 22	Merry Christmas Mr. Lawrence (R)	7 p.m.

Letterman Theatre

Feb. 16	Scarface (R)	7 p.m.
Feb. 20	The Wicked Lady (R)	7 p.m.
Feb. 22	Christine (R)	7 p.m.

Presidian Preview: In *Christine*, a possessed '57 Plymouth falls in love with its owner and won't let anyone come between them...or they die.



Photo of the Week

"They told me Sarge was built like a fireplug, but..."
Johancharles Van Boers takes Photo of the Week honors with this shot taken at Lowry AFB, Colo.

Newcomer orientation

The Presidio of San Francisco Newcomers Orientation Briefing will be conducted in the Post Chapel, located on Fisher Loop, across the street from the main NCO/EM Club, from 8 to 11:30 a.m., Tuesday, February 21. Soldiers assigned to HQ Command Battalion and its subordinate elements and the 504th Military Police Battalion, who have not previously attended this briefing, are required to do so this month. All other newcomers are cordially invited. The purpose of this briefing is to acquaint all newly arrived soldiers, civilian employees and their family members with the installation, its facilities and activities. Future briefings will be held in the Post Chapel on the third Tuesday of every month.

Spring fashions

Spring a' la mode, a Spring fashion show featuring officers' wives modeling clothes from the Post Exchange, will highlight the March 1 luncheon meeting of the Presidio Officers' Wives Club, 11:30 a.m. at the Presidio Officers' Club. Nearly fifty coordinating ensembles will be modeled by the wives and children and will showcase the latest in spring fashionwear.

The social hour will begin at 11:30 a.m., the luncheon at noon, and the fashion show is scheduled for 1 p.m. Reservations must be made by noon, February 27, by calling 750-3782 or 387-8816.

Blood drive

The 1984 First Quarter Blood Drive will be held on Tuesday, Feb. 21, from 8 - 3

p.m. at the NCO Club, building 135.

Prospective donors may also give blood on Thursday, Feb. 23, from 8 - 3 p.m. at the Log Cabin, building 1299.

Incentive prizes for donors include:

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- Two free dinners for two.
- Two free theater tickets.

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FRIDAY

FEBRUARY 24 from 10 a.m. to 8 p.m.

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"Buffalo Soldiers" fought more than wars

by Harry G. Cramer

February is Black History Month in America, and for those in service it's an especially appropriate time to reflect on the contributions of black soldiers in defending America's freedom. It may come as a surprise to some readers that the last all-black fighting unit in the US Army was disbanded only 32 years ago. The unit -- the 24th US Infantry Regiment -- was the last outfit of "Buffalo Soldiers" to fight in combat, and was inactivated in the fall of 1951 in accordance with Presidential orders to desegregate the US Army. Although the "Deuce Four" Regiment exists no longer, it will remain an important part of American history. That is especially true here at the Presidio, where the Regiment's colors are on display in the Post Museum.

The 24th Infantry Regiment's history dates back to 1866, when it was first constituted in the Regular Army. During the Civil War, nearly 200,000 black soldiers had fought as Union volunteers, and after the war Congress decided that black troops should continue as part of the small Regular Army which remained in service after 1865. Segregation was a reality in almost every aspect of society then, and it was no different in the Army. Congress provided that black enlisted men would service in four "colored" regiments, which were designated as the 9th and 10th Cavalry and 24th and 25th Infantry.

In May, 1889, the "Deuce Four" fought a different sort of battle -- an Army paymaster en route from Cedar Springs to Fort Thomas, Arizona, was ambushed by civilian outlaws. An escort of 11 soldiers of the 24th Infantry fought back the ambushers. Sergeant Benjamin Brown and Corporal Isaiah Mays earned the Congressional Medal of Honor for heroism in this action. Major Joseph Wham, the paymaster, stated in his official report, "I have served in the infantry in 16 major battles, but never have I witnessed better fighting than that shown by these colored soldiers."

World War I and World War II required a tremendous expansion of the US Army, including creation of



Soldiers of D Company, 1st Bn, 24th Infantry, cross a river in Korea, July 24, 1950.

U.S. Army photo

two all-black divisions, the 92nd and 93rd. In both of these wars, the black regiments of the Regular Army saw little combat service because their officers and NCOs were dispersed among the new black divisions to form leadership cadres. Individual soldiers, reassigned to these divisions, saw much hard fighting, but the old regiments themselves served mainly as personnel pools for combat outfits.

Following the Second World War, the 24th Infantry was stationed in Japan as part of the American Occupation Force which led, indirectly, to its achieving a unique place in history. In 1950, President Harry Truman ordered the Armed Forces to integrate all units in the military. Stateside, this was accomplished fairly rapidly and the 9th and 10th Cavalry and 25th Infantry Regiments were phased out of existence.

In the Far East, however, North Korea invaded South Korea on June 25, and the 24th Regiment had not yet been disbanded. In view of the emergency, there was no choice but to postpone carrying out the integration order and deploy the "Deuce Four" immediately to counter the Communist invasion. On July 10, 1950, the 24th Infantry Regiment landed in Korea, the last of the "Buffalo Soldiers" to fight in combat.

On October 1, 1951, near the village of Chipcho-ri, the "Deuce Four" passed in review for the last time.

There are still mementos of the regiment to be seen, however, some of them right here at the Presidio. The flag of the 24th Regiment is displayed in the Post Museum. Not far away, at Fort Point, the National Park Service has a large display of artifacts and photographs on the subject of blacks in American military history. Included among these are many items about the 24th US Infantry -- the "Last of the Buffalo Soldiers." Make a point of visiting these museum displays during February, and acquainting yourself a little better with our American heritage.

Editor's Note: The author, Captain Harry G. Cramer, is commander of the USACC-CIDC Element at the Presidio. His interest in the 24th Infantry stems partly from the fact that his father served as an officer in the regiment during the Japanese Occupation and the Korean War. The senior Cramer was awarded the Silver Star and Purple Heart while commanding a "Deuce Four" company in combat, and was present at the historic inactivation ceremony on October 1, 1951.

Youngsters learn ups and downs of wrestling

by Bob Walker

Twenty-two boys -- ages 6 to 16 have been adding new terms to their vocabulary, such as "single" and "double leg take down," "arm roll," "cradle" and "half nelson," since the beginning of the year by coming out to the Main Post Gym for wrestling classes.

The class was the idea of Sp4 Dan Martin, the post commander's driver. Martin approached the staff at Youth Activities Services (YA), to see about starting a wrestling program for military family members on the Presidio and its

sub-posts. Martin, who has wrestled for nine years and has coached the sport, felt a need to have wrestling available to the youth here.

According to Martin, "Wrestling develops a sense of competition and discipline -- it teaches self-defense techniques of a sort.

"Wrestling is a very competitive and an individual sport. You get out of it what you put into it. It's a lot of work, requiring a lot of practice," Martin added.

Martin is assisted by Capt.

Bill Sondervan, post adjutant, who also has a wrestling background. The class is held twice a week in the exercise room of Gym number one from 6 to 7:30 p.m. on Mondays and from 10:30 a.m. to 12:30 p.m. on Saturdays, according to Mary Metheany of YA.

"We are trying to schedule some matches with the local schools. Our goal is to, hopefully, increase the number of youths participating and to have a stable program with matches. Wrestling adds variety to the YA program," Metheany said.

What do the boys think of the program?

Joshua MacPherson, age 7, said, "I get self-defense -- because at school there are a lot of big kids. I hope to take wrestling when I get to high school."

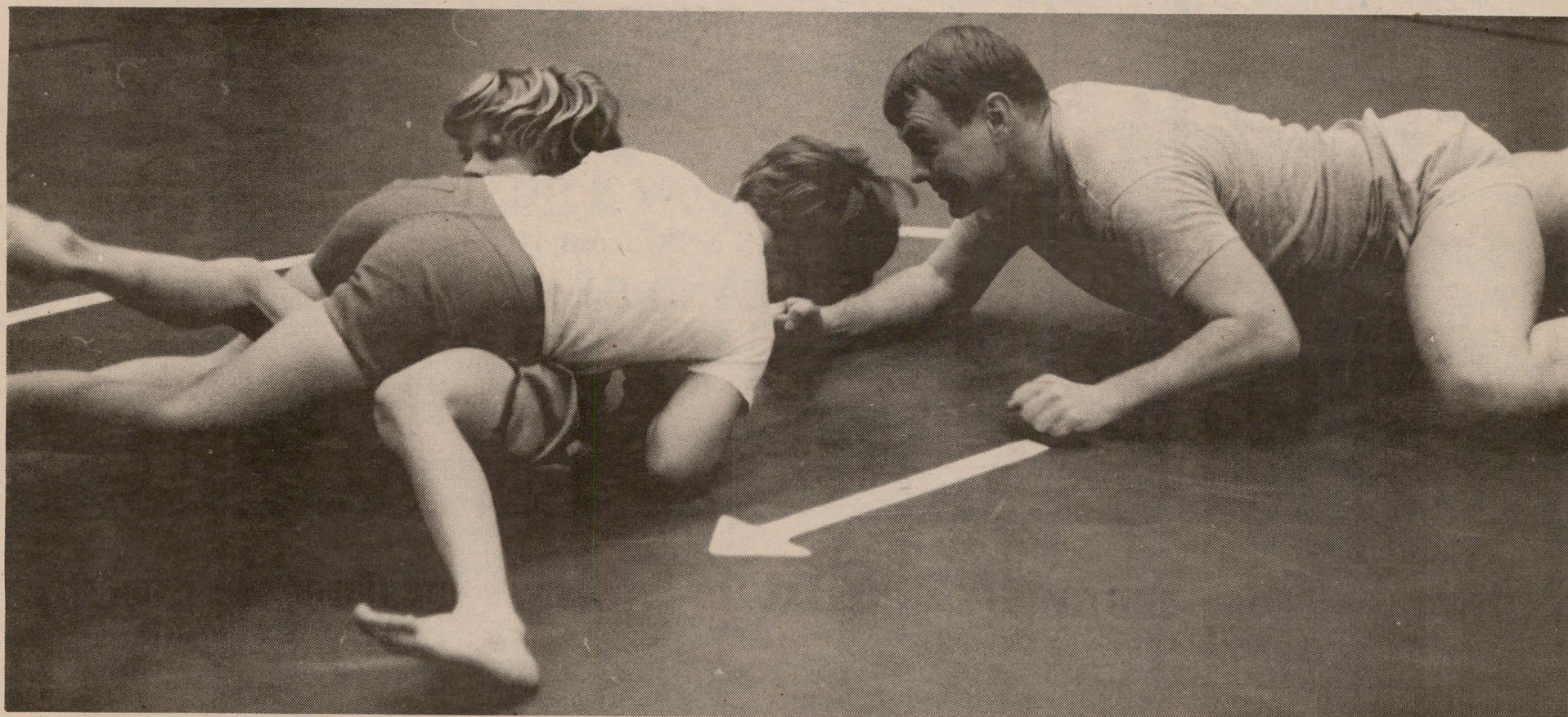
Ahron Jurney, age 12, said, "It's fun and exciting. It builds muscles, giving me new strengths."

According to Jason Decker, age 9, "It has a lot of action. I like the coaches. They teach me new things. They may be mean at times, but it's for our

own good. I make a lot of new friends."

"We learn lots of new things. We have to pay attention. We have to do a lot of impossible things -- it's hard. I like my coach," said Patrick Richey, age 6.

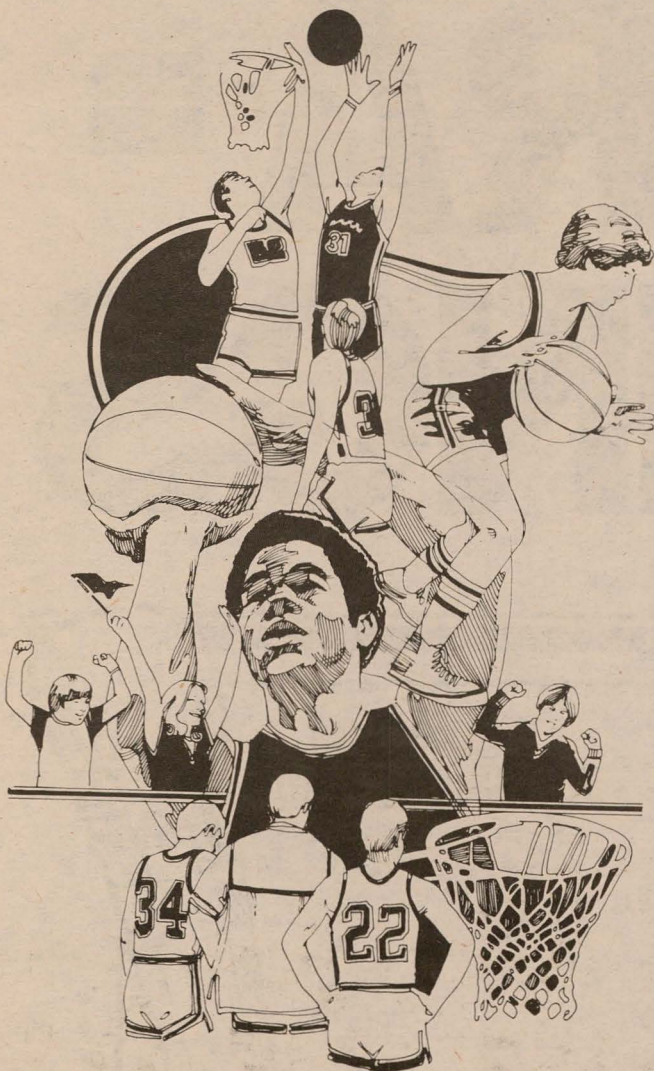
No matter what the reason for liking the sport, it's certain the boys will talk about the program and that the group will grow as the boys bring friends to the class -- that they too may learn about "take downs" and "pinning combinations."



Harvey Richey attempts to pin Jason Decker with Capt. Bill Sondervan coaching.

photo by Bob Walker

Sports



Outdoor Recreation events

Outdoor Recreation is currently offering the following:

- A one-day ski trip to Kirkwood at South Lake Tahoe on March 3. Cost is \$45 per person with 50 percent due on sign-up; the remainder is due no later than Feb. 17.
- Two three-day ski trips to South Shore, Lake Tahoe on March 23, 24 and 25; and April 6, 7 and 8. Cost is \$55 for skiers and \$50 for non-skiers. Fifty percent of the trip cost is due on sign-up, and the rest no later than March 6 for the March trip; March 20 for the April trip.
- Scuba classes starting Tuesday, March 13 at 6:30 p.m. Classes will be held eight

consecutive Tuesday evenings — sign-ups are being taken now.

- A scuba class starting Saturday, March 17, from 8 to 11 a.m. which will run three consecutive weekends.

Equipment for the duration of these courses may be rented from Outdoor Recreation for a minimal fee. Cost for the courses is \$85, including two open-water dives.

For more information, call or come by Outdoor Recreation at building 92, ext. 4324. Hours of operation are: 8:30 a.m. - 5 p.m., Monday through Friday; 9 a.m. - 12 p.m., Saturdays; 1 - 4 p.m., Sundays; and 9 a.m. - 12 p.m. on holidays.

Operating hours at gym change

The hours of operation at Post Gym No. 1, building 63 will be changed to as follows: Saturday, Sunday and holidays - 9 a.m. to 4:30 p.m. This will be effective starting Sunday, February 19.

Racquetball court built

A new racquetball court has been built in Post Gym No. 2, building 1152. The court is now available for reservations, Monday through Fridays, 9 a.m. - 7 p.m. Call ext. 5051 or come by to book the court for a one hour period.

Racquetball racquets, balls and eye guards are available for checkout by military I.D. card holders.

The court is open to the active duty military, family members, retirees, reservists and DA civilians who work on post.

Wrestling class

Youth Activities wrestling will be continuing for youngsters 6-16 on Mondays from 5:30 to 7:30 p.m. and Saturdays from 10:30 to 12:30 a.m. Youngsters interested in wrestling should come to the Main Post Gym.

Intramural basketball league standings

Team	Win	Loss
DLI - Co H	7	0
USACC	5	2
HHD 504th MP Bn	5	2
DLI - Co G	5	3
DEH	5	3
LAMC, Co A	5	3
Vets Admin	5	3
864th Engr	4	3
Doctors	4	4
USAG	4	4
6th Army	4	4
LAMC No. 2	3	5
LAIR	2	6
MILPERCEN	1	5
170th MP Co	1	7
LEC	1	7

Presidian chosen for Army basketball trials

Queen Risher of INSCOM was selected for the Army Women's Basketball trials now being held at Ft. Indian-town Gap, Pa., Feb 15 - March 17. Risher was a key player on the Presidio Post team earlier this year.

She is a native of Walterboro, South Carolina and has an extensive basketball background. She was the leading scorer for three years on the Walterboro Colleton High School team and was selected as All Region M.V.P.

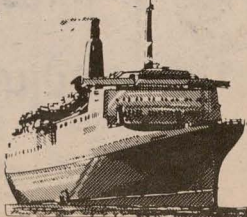
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Presidio Soldier of the Month Scroll Contributors

Honoring

Sp4 Marc R. Remson
504th MP

The Presidio Soldier of the Month Program is a military/civilian ceremony designed to honor an outstanding soldier on a monthly basis. At the end of the year, the twelve soldiers earning the monthly honor, will then compete against one another for the highest Soldier of the Year title and earn the Army Commendation Medal.

Soldiers compete for the honor based on their military bearing, dedication to duty, outstanding accomplishments and commendations, education and activities. They are selected by a military panel of judges.

Firms, organizations and persons supporting this program provide services, awards or gifts on a monthly basis. They include:

- Mayor Dianne Feinstein, San Francisco
- Association of the U.S. Army
- Mike Nelson - Army Exchange
- Blue and Gold Fleet, San Francisco
- Lisa Swanson, California Miss Pageant
- Robert Parks - FP Press, Fremont
- Joyce Melott - J's Hallmark Shop, San Jose
- Lion Country Safari, Laguna Hills
- MAR Ocean View Motel, San Francisco
- Don Rose - Mountain View Chamber of Commerce
- Non-Commissioned Officers Club, Presidio
- Dr. and Mrs. Raul Pegueros, Fremont
- Craig Lassen - Pentagon Federal Credit Union
- Art Nance - Newark Chamber of Commerce
- Newark Jaycees
- Georgiana P. Clark - Roaring Camp, Felton, Santa Cruz
- Santa Clara Council Navy League of the United States
- Santa Cruz Beach Boardwalk
- Tim Nelson - Scotts Seafood Grill & Bar, San Francisco
- Rich Ford - Specialty Graphics, Fremont/Mountain View
- Colonel Richard Blake - Wells Fargo Bank, Presidio

The civilian portion of this program is sponsored and directed by Rich Ford, publisher of the *Star Presidian* and owner of Specialty Graphics Inc. of Mountain View. Advertisers, organizations, firms and other personnel interested in joining the monthly awards program are encouraged to contact Mr. Ford at (415) 966-1197.

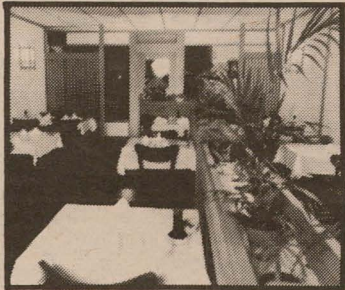


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Star Presidian

Vol. 27, No. 7

"Published in the interest of the personnel of the Presidio of San Francisco."

February 23, 1984



photo by Felicia Peters

Veteran's Valentine

Chaplain Autry had eager listeners at the Fort Miley VA Hospital on February 14. A group of Presidio soldiers chose to spend their Valentine's Day with these veterans.

Quality and quantity is key to Reup's success

by Liz Greeley

"We're here to service the soldier; they're not here to provide me a job — that's the *difference*," said SFC Nicholas Mudry, post reenlistment NCO.

That's the difference between the reenlistment NCO's function and the soldier, according to Mudry. But that attitude is also the difference between a good reenlistment NCO and a superlative reenlistment NCO.

According to Capt. William Sondervan, post adjutant and post reenlistment officer, out of 37 major commands in Forces Command (FORSCOM), the Presidio ranked second for the first quarter of fiscal year (FY) '84 in the Army's new reenlistment program.

What's so special about that?

It's special because only a year ago, according to Sondervan, the Presidio had serious problems with its reenlistment program. And it's special because while three reenlistment NCO's are authorized here, two have yet to arrive.

"We have one-third of the workforce and we came in number two, which I think is phenomenal.

"The results he (Mudry) has achieved with the assets he has available is just really fantastic," Sondervan said.

You may be wondering how installations are ranked ... and don't they just have to meet a quota?

At one time the Army was primarily concerned with just numbers, but that is no longer the case.

Sondervan said that has changed — considerably. The FY '84 reenlistment program is different from anything the Army's had before, partly because quality is a concern *as well as* quantity.

"Not only do we have to actively look for quality soldiers and meet an objective, we also have a measurable quality point standard that we have to meet.

"So for the first time in the Army's history, we're dealing with quantity *and* quality — this program went into effect the first quarter of FY '84," he said.

What are quality points and how do they work?

Basically, a first-term soldier eligible for reenlistment is assigned points for items such as civilian education, making E-5, not having waivers, reenlistment for special schools or special MOS's, and high GT scores.

Points are given based on a formula; for example, a soldier with a high school certificate of completion

earns three points, but a high school graduate or someone with a GED, or a soldier with one year of college each earn 10 points.

The average soldier who would walk in the door and want to reenlist would probably have about 60 points on this scale — the Army's goal is an average of 66 points. On the other hand, a really outstanding soldier is probably in the neighborhood of 90 to 100 points. Someone in that range would be a person who's achieved all the criteria right down the line — high test scores, high GT scores, a high school graduate, some college and achieved the grade of E-5, Sondervan said.

Sondervan noted there is strong emphasis on reaching E-5 during a soldier's first hitch and on civilian education.

Where does the Presidio fit in with the point system?

While FORSCOM itself ranked 13th compared with all Army major commands and failed to meet the goal, the Presidio averaged 78.8 quality points for first-term enlistments, which is considerably higher than FORSCOM's average. Only Fort Meade, Md., had a higher average for a FORSCOM command — 81.0 points.

For the Presidio, "That's really exceptional," Sondervan said.

How has the post reenlistment NCO managed to effect such an accomplishment in so short a time?

Sondervan said, "Well, he's managed to do it by being very efficient about what he does — getting people to cooperate with him, establishing a good rapport with people, and by establishing credibility.

"He set up an educational program, talked to commanders ... and basically, he did it by working about 12 hours a day, six and a half days a week ...

"He's really a super fine NCO. The majority of our success is based on him, personally."

How he describes his feelings about his work probably best describes his approach.

He said, "People reenlist for a hundred different reasons — I want a soldier to feel that he was not just a **number**, an accession. I want them to feel that, 'Presidio reenlistment helped me in a career that I'm comfortable in.'

"This is a people-oriented business," he added.

And it's people-oriented people like SFC Nicholas Mudry who make the reenlistment business a success ... because they *care*.

Energy seminar

An "Energy Awareness Seminar" began Wednesday and is being held here through Friday. A special session, "Energy Conservation in Family Housing" will be held at the NCO Club, building 135, tomorrow from 9 to 11 a.m. Housing residents are encouraged to attend.

Black Soldier film

"The Black Soldier," a 26-minute film telling the history of Black Americans' participation in the Armed Forces of the United States, from the Revolutionary War to the Vietnam conflict, will be shown on a regular basis during the month of February at the Fort Point National Historic Site, as part of the Golden Gate National Recreation Area's recognition of Black Heritage Month.

The film will be shown once daily at 1:30 p.m.; arrangements can be made for special showings for groups, if desired.

The film will be in addition to the ongoing "Ready and Forward" exhibit currently on display on the second floor of the Fort, which tells the previously untold story, through historic photographs and memorabilia, of the nearly one and a half million black men who served our nation, both in times of war *and* in times of peace.

Fort Point, built in 1861, lies beneath the southern anchorage of the Golden Gate Bridge and is open to the public daily from 10 a.m. to 5 p.m. Muni bus lines #28 and #29 can be used to reach the Fort and there is ample parking for private cars.

ROA meeting

General Paul L. Freeman will be guest speaker at the Presidio Reserve Officers Association dinner meeting Thursday, March 1, at the Presidio Officers' Club. General Freeman was CINCPACUSAREUR AXED Commander, Central Army Group, Allied Command Europe, as well as combat commander during WWII and the Korean War. All officers, reserve, active duty or retired, and their guests are welcome to attend. The hospitality hour begins at 6:30 p.m.; dinner at 8 p.m.

Reservations are required; please send a check (\$14 per person) to Col. Angus L. Loop, 6401 Melville, Oakland, Calif. 94611.

Active duty appointments

Active duty soldiers who call Central Appointments at Letterman Army Medical Center for a medical appointment should immediately tell the appointment clerk that they are active duty. This will usually provide better service as most clinics have appointments set aside for active duty service members.

Blue Cross news

Bernice Morgan, a Blue Cross/Blue Shield representative will be at the Presidio on Thursday, March 8, to talk to people who may have questions or problems concerning their policies.

She will be available from 9:30 a.m. to 12:30 p.m. at CPO, building 37. Interested individuals are asked to bring all pertinent paperwork relating to their questions or problems.

To arrange an appointment with Ms. Morgan, please call Julia Sleeper at extension 5757 at Civilian Personnel.

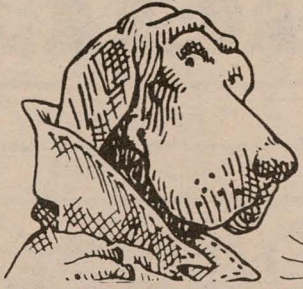
Recycling

Recycling for March will take place Saturday, March 3. Quarters residents are reminded to have newspapers and all-aluminum cans ready for pickup from 10 a.m. to 2 p.m. All proceeds from recycling will go to the Boy Scouts, Girl Scouts, Parent Youth Club and the Aquarius Swim Club. In case of rain, the recycling will not be held. However, cans and newspapers can be dropped off at the recycling point (located next to building 661) at any time.



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Opinions



TAKE A BITE OUT OF CRIME

Personal Attack

To cut the risk of personal attack, be aware of your potential as a victim. Your goal should be to make yourself a person who seems neither particularly available nor particularly vulnerable. Begin with what private security experts call "threat analysis." This theory suggests that victims define themselves by what they do and where they go. Violent crimes tend to happen in situations where the victim can be isolated.

It is true you cannot eliminate every situation where you would be isolated, but being wary of isolation is a sound first step toward becoming less vulnerable.

There are 45 varieties of physical and psychological isolation. The very first is hitchhiking, and the last is minding your own business at home.

Here are a few things you can do to improve your odds against inevitable risks:

- Plan ahead. What will you do if something happens?
- Tell a trusted friend your plans.
- Act as if you know what you are doing at all times.
- Don't let yourself get cornered.
- Conceal your valuables. Put your cash in one pocket and your credit cards in another.
- Conceal the fact that you are alone. Vary your routine.
- Always ask for IDs from service people, salesmen, etc.
- Teach your children emergency actions.
- Create extra security when away from home — put valuables in the safe at hotels, etc.

HOW TO SAY NO TO AN ATTACKER AND SURVIVE

- Avoid confrontations.
- Give up money on demand.

- Look as if you belong.
- Remain cool and assertive.
- Don't threaten criminals.
- Fight *only* to escape.
- Resort to violence — only as a last resort.
- Make careful observations. Record all the information you can.
- Overcome spectator apathy.
- Convince people to help you.

Contact the Military Police as soon as possible. Information that's passed on to the MPs is used to identify patterns or to develop physical evidence that may prevent this crime from recurring. Get involved! Protect yourself!

Items turned into the Lost and Found office:

One brown billfold.

One man's watch.

One man's underwater-type watch.

One cassette tape case with several Korean cassette tapes.

Three pairs of glasses, one with case.

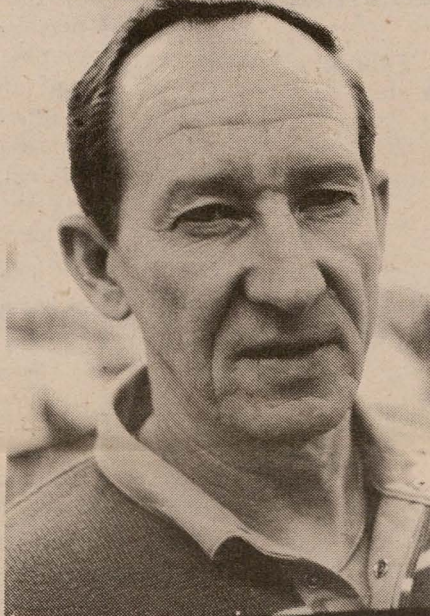
To recover these items, stop by the Vehicle Registration, Office, Bldg. 36, or call the Property Custodian at ext. 3811.

Ramblin' Sam

"What's the most exciting thing you've ever done?"



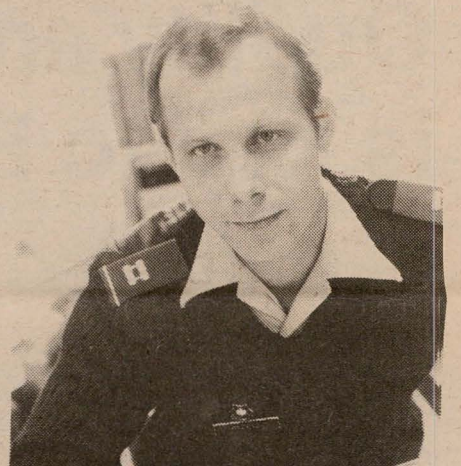
Jackie McKee, sales person, AAFES, "The most exciting thing was getting married to Robert McKee."



MSgt. James Foresee, retired, "When they gave me my military retirement here at Presidio."



Arceneaux Analida, family member, "Everything I do, I always make it exciting—it's part of my personality."



Capt. John Raletz, operations officer, TME Div., DCST, 6th Army, "The most exciting thing for me was participating in the birth of my three children."

To the Editor

Dear Editor:

There comes a time when special thanks are due for those who work behind the scenes and who are responsible for the success of a given event. Such is the time now. For dependability and responsibility in ensuring the successful completion of the poster contest for Black History Week, I bid special thanks to:

The Presidio Enlisted Wives Club for funding 100 percent of the cost for the U.S. Savings Bonds awards for the 1st and 2nd place winners.

The Army Education Center and the Main Post Library for accepting responsibility as points of information.

The Presidio Field Printing Plant for the printing of posters and flyers from the winning posters for publicizing committee events.

The *Star Presidian* and the *Fog Horn* for insuring publicity for the poster contest.

The Presidio and LAMC Weekly Bulletin for publicizing the poster contest.

The supportive members of the Presidio Black History Week Education Committee:

Sp5 Jerry Coburn, 16th AG Det (Postal)

Ms. Brenda Dow, COMPACT

SSgt. Jornal Miller, 864th Engr Bn

Sp4 Robin Perry, 16 AG Det (Postal)

Ms. Jean Woods, HQ, PSF Comptroller's Ofc F&AO JACS-RC

My boss, MAJ Phillip G. Patterson, USAAC-Presidio Commander, for allowing me to use some duty time to ensure successful completion of a timely project.

ALICE E. SLATER
Co-Chairwoman,
Presidio Black History Week
Education Committee

Dear Editor:

I was one of the few who braved the elements and attended the recent Sixth Army change of command ceremony. Many will remember the occasion for many and different reasons. For me, I will have two memories — first, it was an occasion to honor a true soldier and hero, Lt. Gen. Grange; and second, it's the first ceremony I have seen since I arrived at Presidio that the troops looked like soldiers!

There have been too many times in the past when the soldiers were attired in all sorts of aberrant uniforms — in the Army green uniform, combat boots with white boot laces, scarves and helmet

liners — Army Regulation 670-1 was obviously not followed. They looked *more* like clowns in a Shriners' parade than soldiers. I would strongly suggest that in the future, Presidio follow the example set by Lt. Gen. Grange and insist that soldiers on parade look like soldiers and their uniforms conform with accepted standards and regulations.

LTC John M. Kamenar, Jr.

Dear Editor:

I frequent our gyms daily, using the LAMC facility weekday noons and the Main Post Gym evenings and weekends. Within the past year liquid soap dispensers have been put into the men's showers. The dispensers in the LAMC Gym have never been filled with soap — the Main Gym only once in my memory. In both shower rooms at the Main Gym four of the eight dispensers are off the wall.

In this day and age of austerity and cost consciousness, one cannot help but wonder why we waste our tax monies and that of others on items never intended for use and end up disappearing.

LTC Wayne A. St. Pierre

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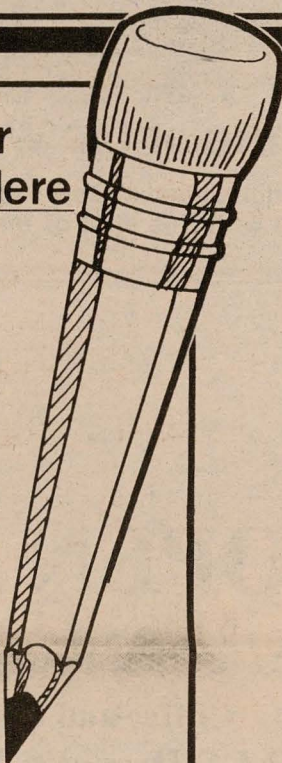
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Other offices in Europe and the Pacific.

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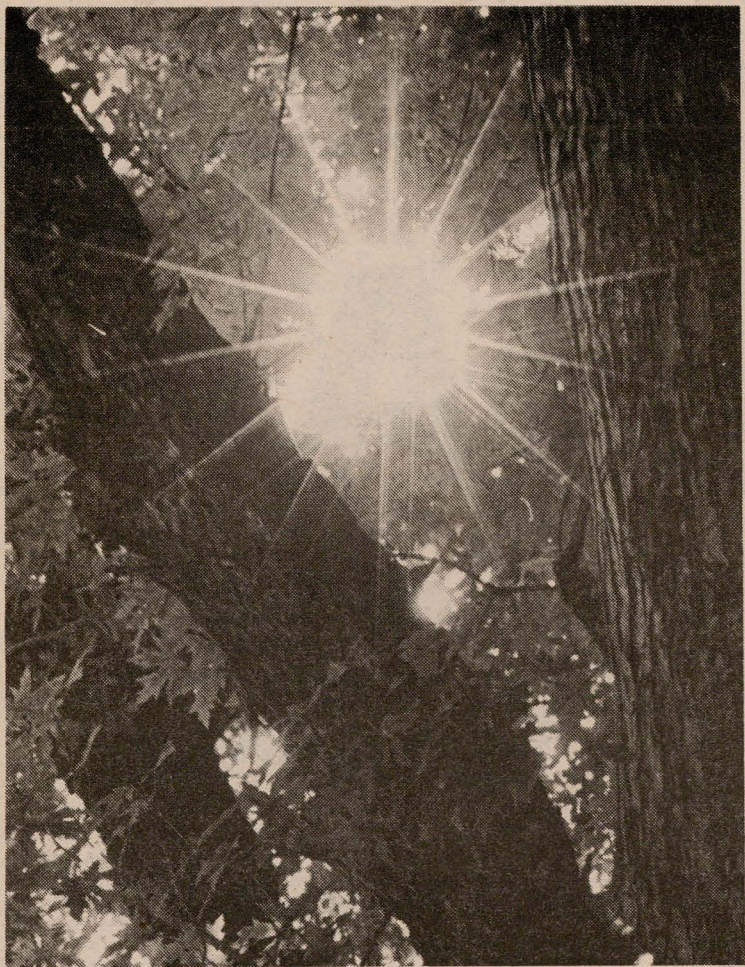


Photo of the Week

Johancharles Van Boers takes Photo of the Week honors again with this shot of the sun peeking through leaves.



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Vanpool: Reliable, cheap and easy

by Bob Walker

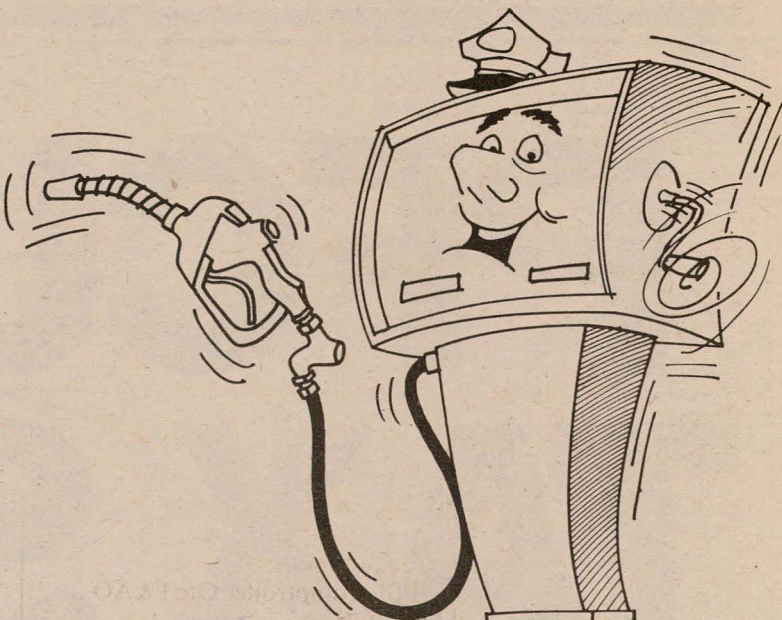
Fuel conservation is a concern of many Presidio employees—both military and civilian, as evidenced by the many vanpools on the Presidio.

Nolen Kelton, maintenance foreman at the Transportation motor pool (TMP) said one benefit of vanpooling is, "not having to drive your own vehicle—'sit back, let us do the driving'. Saving fuel and having a guaranteed seat (unlike the bus where you may have to stand) are other benefits of vanpooling."

Kelton has his own 12 passenger van which he uses for vanpooling. He figures he takes "10 cars off the road" by vanpooling and he has been doing it for four years. "It's never been off the road yet," he added.

Vanpooling is one key and maintenance is another key to better fuel conservation, because good maintenance means good mileage. "The driver is the key to the whole thing—to catch things that need to be done. Tune-ups every six months, checking the oil and air pressure and the way the vehicle is driven all save fuel," Kelton said.

Bruce Terpstra, transport officer at TMP explained the energy saving efforts there. "We're kind of proud of the efforts we make. Customers are often quick to complain—which is common to a people business such as ours. We have 200 vehicles to maintain with only five mechanics. The deadline rate is supposed to be under 10 percent; we normally keep our deadline rate at about 6 or 7 percent. Every six months the vehicles are scheduled for a check-up—we check them on an engine analyzer, which tests for fuel efficiency. The average age of our fleet is 6.7 years; consider-



ing that fact, a 6 or 7 percent deadline rate is pretty good.

"To add to the fuel savings at TMP, the Forts Barry/Baker bus was converted from a 12 passenger to a 16 passenger bus.

"Also two of four new carry-alls were converted from eight passengers to 11 passengers by adding seats. We used to have to send two eight passenger vans out for an 11-man funeral detail. Now we send out an 11 passenger van—saving about half the costs.

"The Hamilton/Presidio shuttle started in 1974 with a 45 passenger bus. It is an unfunded program, so riders have to pay for its use. We can't make a profit, yet it has to pay for itself. It costs about \$299 a month to operate and we take in about \$300 a month. The Golden Gate Transit is sent a letter every year to see if they would run a bus from Hamilton. They say they can't as they feel it isn't cost effective—this justifies the use of military assets.

"Dispatch also tries to pool vehicle requests to the same area in order to conserve the fuel. We no longer get 8-cyl-

inder pickups, many are now 4-cylinders with the same load capacity; these are other ways we save fuel.

"Another way we save fuel is by having signature cards on file to verify request authority for vehicles. Vehicles aren't for personal use to drive to lunch, for example. People caught misusing vehicles are sent a misuse letter," Terpstra said.

The efforts of the motor pool and van pool riders saves a great deal of fuel and energy. If you would like to ride in a van pool, check the ads in the weekly bulletin or put an ad in, letting vanpool drivers know your needs. Also, there are signs in vans around post, which are advertising for additional riders.

Conservation of fuel today helps assure fuel availability tomorrow!



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Community Calendar

Presidio Black History Week Education Committee Poster Contest Honor Roll

- 1st Place Winner: **Mr. Ronald Carnevale**
HQPSF AMO Sys & Prog Br
- 2nd Place Winner: **2LT Veronica M. Diaz**
504th MP Bn
- 3rd Place Winners: **Mr. Robert Grabowski**
USADARCOM LCA
- Ms. Cheryl R. Smith**
USACC-Presidio, Opns Div
- Ms. Jean Woods**
HQPSF Comptroller Ofc F&AO
JACS-RC

Prayer Breakfast

The Presidio's National Prayer Breakfast will be held at the Presidio Officers' Club on Thursday, March 8 at 7 a.m.

This year's speaker will be Kevin Starr, a native San Franciscan who is best remembered as a columnist for the San Francisco Examiner. His subject will be, "Prayer—The First Need in Daily Life."

Tickets to hear this renowned Bay Area writer, whose articles have appeared in the New York Times and Newsweek, will be \$4.

For more information, call the Post Chapel at 561-4239.



Historic photo

Maj. Gen. Irwin McDowell is buried at the San Francisco National cemetery here. He was once the commanding general for the Department of the Pacific. Fort McDowell on Angel Island was named for him.

Rec news

The Presidio Recreation Center is currently offering the following:

• **A Volksmarch** across the Golden Gate Bridge to Vista Point. Register at the ITT desk no later than **March 5** to avoid a late charge.

• **Breadmaking classes** on Wednesday February 29, from 7:30 to 9 p.m. Class cost is \$25 for the four-week course.

• **Tours** to the Sonoma County Wine Country on Saturday, February 25, and Northern Sonoma Barrel Wine-tasting on Saturday, March 3.

• **Discount tickets** for Disneyland, good through March 4; Ninth West Coast Computer Faire from March 22 through 25; Oakland Invaders football for 1984—first game is March 4 against the New Orleans Breakers; and Marriott's Great America beginning March 31.

For more information, call the Recreation Center at extension 2000 after 2:30 p.m. except Mondays (closed).

Hours of operation are: Tuesdays 2-6 p.m.; Wednesdays and Thursday 2-9 p.m.; Fridays and Saturdays 2-10 p.m.; and Sundays and holidays 2-9 p.m.

OWC art auction

The Presidio Officers' Wives Club bring you an unusual opportunity to view and acquire exclusive editions of original graphics, oils and watercolors.

Featured will be international award-winning artists such as Hinte, Kelly and the School of Paris artists. Also represented will be such world

famous masters as Dali, Picasso, Miro and Chagall.

Each work of art is in a frame individually selected to complement that particular piece.

A piece of fine art will be given as a door prize.

The exhibition begins at 6 p.m. and the auction starts at 8 p.m. at the Presidio Officers' Club on Saturday, March 3.



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Presidio Theatre

Feb. 23	Gorky Park(R)	7 p.m.
Feb. 24	Gorky Park(R)	7 p.m.
Feb. 25	Wavelength(PG)	2 p.m.
Feb. 25	Wavelength(PG)	7 p.m.
Feb. 26	Sudden Impact(R)	7 p.m.
Feb. 27	Sudden Impact(R)	7 p.m.
Feb. 28	Sudden Impact(R)	7 p.m.
Feb. 29	Sudden Impact(R)	7 p.m.

Letterman Theatre

Feb. 23	Christine(R)	7 p.m.
Feb. 27	Gorky Park(R)	7 p.m.
Feb. 29	Wavelength(PG)	7 p.m.

Presidian Review: In *Sudden Impact*, Clint Eastwood plays "Dirty Harry," who has a new and bigger gun. As usual, he's wanted by everyone, including the local police.

Money matters:

ACS offers financial advice and budget counseling

by Bob Walker

Real financial problems may plague unprepared soldiers due to the high cost of living.

"Our goal here is debt prevention. People may come here to work out a budget to prevent financial problems before problems start," said Diane G. Newcomb, financial planning consumer affairs officer at the Army Community Services (ACS).

According to Newcomb, budget management is, "balancing outgo with income and having some left for savings and for investment."

ACS offers assistance to active duty, retired military and family members. The first assistance that should be requested is the "budget rundown." It is a matter of working out a budget, "where priority items come off the top," Newcomb said.

For those who are having financial difficulty, ACS has a "debt liquidation" program. In the program they help clients determine how much is needed to live and how much is left to pay off debts to creditors. Newcomb works out an adjustment of payments with creditors. Clients then come to ACS monthly to make payments and fill in a record of payments. This continues until all debts are paid.

ACS also works with the Religious Activities Center guiding future couples on budgeting in the pre-marital classes.

ACS may give assistance in the form of no-interest loans through the Army Emergency Relief (AER) fund. It is available to active duty, retired military and family members—whether they have donated to the fund or not.

To get an AER loan you must fill out an application.

Loans may be obtained when there is a loss of pay, non-receipt of pay, for initial payment of rent or to prevent eviction.

The AER fund is also available for emergency medical treatment—dental and hospital expenses, funeral expenses for a family member, emergency travel and for food.

ACS also pre-screens applicants for food stamps which can help stretch the food budget. The screening takes only a few minutes according to Newcomb.

Many families qualify for the WIC program—a special supplemental food program for women, infants and children. Specifically, it is for pregnant or lactating women, or children up to five years of age who have a need for cereal, eggs, juice, milk, cheese, or infant formula and cereal. This is another avenue to explore for those on a tight budget. Screening is the last Tuesday of each month from 9-11 a.m. at the LAMC pediatrics.

One major cause of financial difficulties is the credit card... "magic plastic." Newcomb said, "Credit cards are good to use for buying things on sale—as long as you can pay for them when the bill comes." She offered the following suggestions on the use of credit cards:

- Don't let it out of your sight.

- Don't give you card number out over the telephone, as other people can use it.

- Keep copies of credit card numbers and the telephone numbers to call if cards are lost or stolen.

- Contact the credit card company **immediately** if your card is lost or stolen. You are

only liable for up to \$50 if you contact them as soon as you know your card is missing.

- Keep copies of receipts to balance against bills.

- Pay off the amount charged **each month** to save on interest charges.

- Keep your use of credit cards to less than 10 percent of your net income—10 percent is the dividing line between good and bad use of credit cards, a credit debt of 20 percent is a serious problem.

Credit reports are available from CBI and TRW in the San Francisco area. Newcomb explained that you should check your credit reports every six months for false information which could lead to denial of credit. If that *should* happen, take a copy of your denial, as you can receive a free copy of your credit report if the denial is presented. Otherwise, a copy of your credit report will cost about \$5. If false information is in your report, first contact the store and ask to have the information changed. If they refuse, you can write a statement of 100 words or less to be put in your report—stating the facts.

To help you in your budget, Newcomb said that, "Since food is a large money item, you can cut costs by planning menus in advance and sticking to them. With certain exceptions, wives are better at this than husbands. Shopping in the commissary, using coupons and buying items on sale are other ways to save money."

Should your financial picture become **bleak**, Chapter XIII might be considered—ACS can help you with this. Newcomb does the paralegal work. "It can be filed without a lawyer, saving a couple



hundred dollars. Chapter XIII is a form of bankruptcy for those who are working and who want to pay everything back. By using Chapter XIII, cars and furniture can't be repossessed—it stops all contact by creditors. Creditors must contact the trustee set up by the court and it doesn't hurt the service member's career, because he is honestly trying to pay back all that he

owes. There is a \$60 filing fee with the court, she said.

To prevent an extreme financial problem, a budget is of paramount importance.

Newcomb said that she is available to speak on consumer affairs topics, to include financial management should groups or organizations desire this service. Call ACS at 561-5057 for an appointment or for other assistance.

Did you give the gift of life?

by Liz Greeley

Today is the last day of the quarterly blood drive...have you ever wondered where your blood goes once collected? Who uses it?

Last year some of it went to a civilian employee who had to have some surgery.

Luckily, because she's a civilian employee on post, she could draw upon the Presidio Civilian Employee's Blood Fund account with Irwin Memorial Blood Bank.

According to a civilian personnel memorandum, the Blood Fund was established in 1957 and operates much like a savings account.

Why should the Presidio have such an account in the first place?

Because as the memo and Irwin Memorial literature point out, blood, even **donated** blood, is not *free*. Once a unit leaves the donor's arm, it's tested, analyzed, assayed, processed, spun, frozen and stored.

Consequently, one unit of

blood costs a hospital patient \$75...unless the patient can draw upon an account, either group or individual. In that case, the same unit of blood costs \$45. Also each hospital charges (rates vary) for transfusion costs.

That may seem like a lot of money, but Irwin Memorial is a non-profit organization; \$45 is only enough to cover their processing costs.

In human terms, the Blood Fund ensures the credits are there, at greatly reduced costs, when needed by Presidio civilian employees.

Okay, so who's eligible to draw upon the account?

All current and retired civilian employees of appropriated or non-appropriated fund activities serviced by the Presidio civilian personnel office. Immediate family members of current employees are also eligible, but retiree family members are not eligible.

Wondering where the soldier fits into the picture?

The post commander's policy states that blood which

becomes excess to the Fund one year after donation will be credited, unless CPO directs otherwise, to the Fort Miley VA Hospital at the rate of two units a month. Any units in addition to those will be transferred to Letterman Army Medical Center.

So that's where your blood goes...to the community—the San Francisco community and the Presidio community, both civilian *and* military.

It's really quite simple to get blood unit credits transferred if you need them. Just call CPO (ext. 2383 or 2871) and give the following information:

- Name of patient
- Organization (for a current or retired employee)
- Relationship (for a family member)
- Name and location of hospital
- Number of units of blood needed

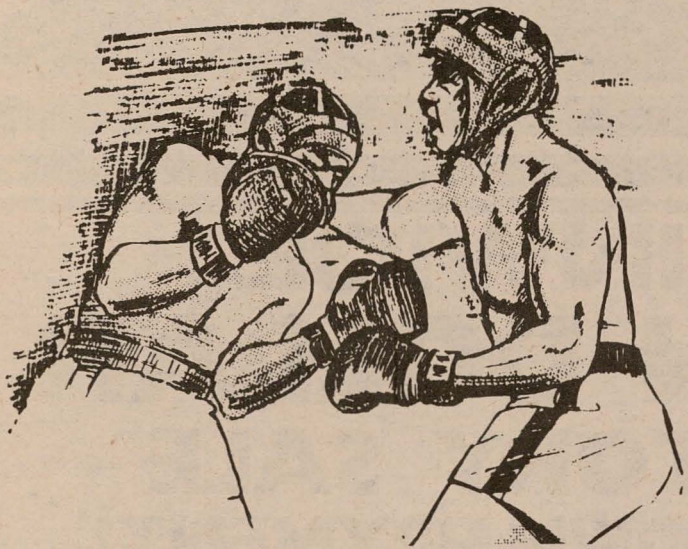
CPO will take care of the transfer of credits from there.



photo by Pat Barham

PFC Heidi Kemmling of INSCOM squeezes the wrapped gauze carefully while the attendant Olene Hayes marks the blood packets for the next donor.

Sports



Boxing team

The Presidio Boxing Team is now training for the Regional Golden Gloves Boxing Championship. This championship offers opportunities for competition at both the experienced (Open Division) and the inexperienced (Novice Division) levels.

The Northern California Novice championships scheduled for mid-March offer a special category for boxers over 18 years of age with no prior experience. This

is a great opportunity for the older boxing enthusiast who always *felt* he was the next Sugar Ray Leonard, but never before had the chance to find out if he could have been a contender.

In addition to the Novice Championships, training will be offered to experienced boxers who feel they have the ability to compete in the FORSCOM championships scheduled for March 23 through 31 at Fort Meade, MD.

For more information, call

Coach Ray Mey at ext. 5051, or drop by Post Gym number 2, building 1152.

Gym closure

The Main Post Gym, building 63, will be closed all day on Sunday, March 4 while the U.S. Military Academy Physical Aptitude Examination is conducted. Post Gym #2 will be open in place of the Main Post Gym on Sunday from 9 a.m. to 4:30 p.m. Phone 561-5051.

New hours

The hours of operation at the Main Post Gym, building 63 have been changed as follows: Saturday, Sunday and holidays, open from 9 a.m. until 4:30 p.m.

The new hours went into effect February 19.

Volksmarch scheduled, 10K walk for health and pleasure

Several Volksmarch enthusiasts have gotten together



Remember family or friends with Special Occasion, Get Well or Memorial cards.

American Heart Association
WE'RE FIGHTING FOR YOUR LIFE

and, with the assistance of Ms. Liz de la Torre, director of the Presidio Recreation Center, have formed a Presidio Volksmarch Club. Meetings are held Thursday nights at 7 p.m. at the Recreation Center, building 1331. Membership is open to everyone without restriction; special skills are not required.

The Volksmarch Club is planning a Volksmarch for Saturday, March 10. The course will include the Golden Gate Bridge, which will be depicted on the medal awarded to all registered participants.

Volksmarches, or People's Walks, are organized walks over a prescribed course, usually 10 kilometers (6.2 miles) long. Since Volksmarches are meant not only to be

healthful, but enjoyable also, they can be finished at the walker's leisure...as long as they reach the finish by closing time. Normally four to eight hours are allotted to complete the walk and food, drinks, and facilities await the energetic traveler at the finish so they can rest and enjoy the

camaraderie of their friends and other walkers. At the end of the event, all registered walkers will receive a medal.

For more information about the Volksmarching Club and the March Volksmarch, call the Recreation Center, building 1331, at extension 2000.

Intramural basketball league standings

Teams	Win	Loss
DLI, Co H	8	0
DLI, Co G	7	3
Vet. Admin	7	3
USACC	6	3
504th MP	6	3
DEH	6	4
USAG	6	4
864th Engrs	5	4
LAMC #1	5	5
6th Army	5	5
LAMC#2	5	5
Doctors	4	5
LAIR	2	8
170th MP	2	8
MILPERCEN	1	7
LEC	1	9

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VIETNAM VET collector wants to meet others who've brought memorabilia/militaria. Paul Fujinaga, 321 Grant, No. 507, SF 94108. 415-981-7830, weekdays.

MOBIL DISCO: DJ for weddings, class reunions, company parties. All music styles, requests. Call Eareye Productions, 968-7059.

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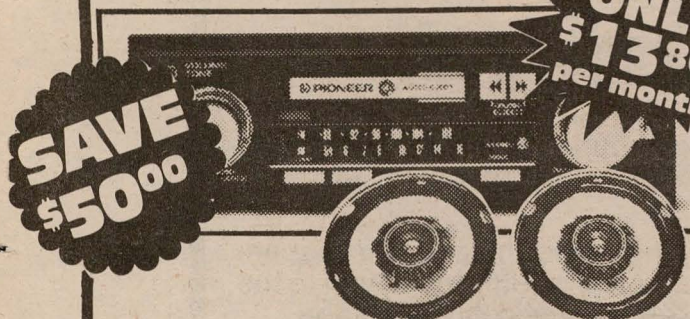
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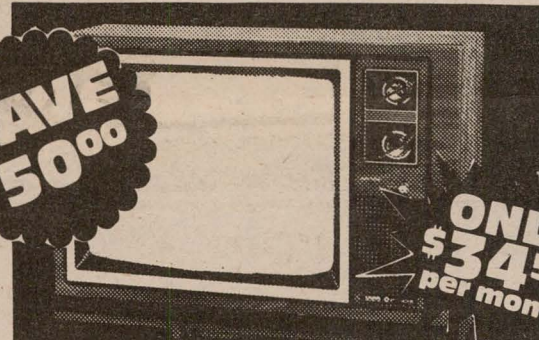


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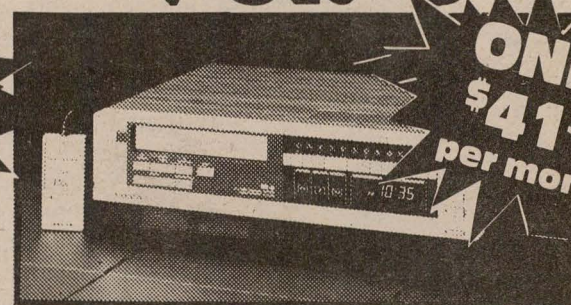
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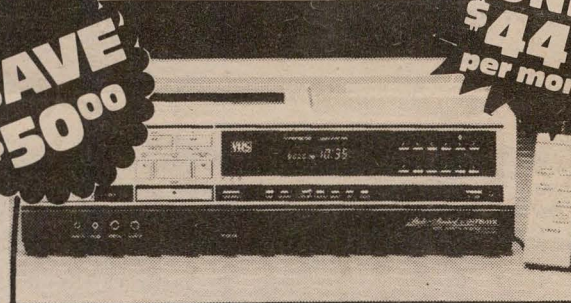
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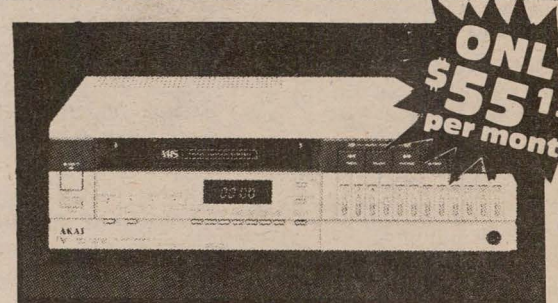


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Star Presidian

Vol. 27, No. 8

"Published in the interest of the personnel of the Presidio of San Francisco."

March 1, 1984

Women's History Week

In observance of Women's History Week (4 - 10 March), the Presidio Federal Women's Program manager, the Presidio Federal Women's Program Committee, and the Equal Employment Opportunity Officer have planned the following events:

- A showing of the film, "Quilts in Women's Lives" in the CPO Training room, building 37, from 11:30 to 12:30 p.m. on Tuesday, March 6.

- "Utilize Your Resources," a tour of the Presidio ending at the Presidio Army Museum's "Women in the Military" exhibit, 11:30 to 1 p.m. on March 7.

- Dr. Roberta Ann Johnson of the U.S. Commission for Civil Rights will present a slide show, "The Socialization of Women via Cartoons" at the Presidio Playhouse from 11:30 to 1 p.m. on March 9.

For more information, call Juanita Villalobos, Federal Women's Program manager, at ext. 2022.

Pre-separation briefing

Leaving the Army?

A pre-separation briefing will be held Wednesday, March 14, at the Ft. Scott Education Center, building 1216, from 8 to 11 a.m. All soldiers who plan to ETS before May 31 are **required** to attend; spouses are invited and encouraged to attend. Topics will include: VA benefits, schools, careers, Army Reserve, National Guard, ROTC and other subjects of interest to soldiers.

For more information, call Jeane Redsecker at ext. 2974/4445.

Classes slated

"Have you adequately prepared yourself to be a supervisor?"

Unfortunately, most people do not receive any formal training in supervision before they assume that position. Instead, they learn by trial and error, incorporating or avoiding practices of their previous supervisors.

There is a better way! The Army Education Center conducts a series of college courses leading to a Certificate in Supervisory Practices. Instructors from City College of San Francisco come to the presidio to teach you the best and latest methods of management. Topics include communication, psychology, human relations, training, rating and promotion, quality control and accounting.

How can you get involved in this excellent program? Register at the Ft. Scott Education Center, building 1216, or the LAMC Education Center, building 1007, **before March 12**. Human Relations for Supervisors will meet in building 1216 on Monday and Wednesday evenings from 6 to 8 p.m. until May 9.

In addition to gaining valuable knowledge which can be applied to your work setting, you will earn two semester hours of college credit (plus promotion points for soldiers). Best of all, the course is tuition free for California residents and soldiers and family members assigned here after January 11, 1983.

Sign up today!

Prayer Breakfast

The Presidio's National Prayer Breakfast will be held at the Presidio Officers' Club on Thursday, March 8 at 7 a.m.

This year's speaker will be Kevin Starr, a native San Franciscan who is best remembered as a columnist for the San Francisco Examiner. His subject will be, "Prayer--The First Need in Daily Life."

Tickets to hear this renowned Bay Area writer, whose articles have appeared in the **New York Times** and **Newsweek**, will be \$4.

For more information, call the Post Chapel at 561-4239.



photo by Liz Greeley

Community effort

Presidio provost marshal, Maj. Gregory Lowe, briefs 109 volunteers (mainly from DLI, LAMC and Headquarters Command Battalion) who searched Presidio woods for Kevin Collins on February 25. The searchers didn't find the missing boy, who was last seen February 10.

Stray cat bites

Rabies vaccine given

By Pat Barham

Rabies, a once dreaded disease, feared by many, is something that today is less common but still feared greatly.

In a recent incident, Danielle Ortiz was babysitting for neighbors at Fort Baker. This night, unlike many others in the past, would be different, for Danielle was bitten by a stray cat.

According to Kathy Ortiz, Danielle's mother, "Danielle had been babysitting for a neighbor and about 10:30 p.m. she was walking home and bent down to pet a stray cat. The cat immediately clawed and bit our daughter.

"As soon as she got home, my husband (Daniel R. Ortiz, HQ. Bn. [Prov]), wrapped her arm up and went looking for the cat."

After calling the Military Police at the Presidio, Kathy phoned the Emergency Room at LAMC and alerted them of the situation. The Military Police began searching for the cat while the Ortizs rushed to the Emergency Room.

The teenager's arm was immediately treated, and it was feared that the series of rabies shots would have to be given if the animal couldn't be found.

Although the events on the evening of Feb. 14 seemed devastating to the family, Kathy remembered that in a conversation with a neighbor earlier, a man from the engineers had said something about trapping animals. "All I could do was think about catching that cat," said Kathy. "I called the work order section of the facility engineers and they referred me to James D. Eldridge, chief of land management."

While it rained heavily on Feb. 15, members of pest control team began setting out traps for the much sought-after feline. Time was growing short for the 15-year-old: doctors had made their evaluation of the problem and decided that the rabies vaccine had to begin.

Danielle then received three injections: one to the wound and subsequent shots to the arm and hip. An allergic reaction occurred, but the shots had to be

given. Kathy immediately called Eldridge and asked if any progress had been made, but to no avail. The missing cat could not be located.

"The engineers never gave up hope," said Kathy, "even though our daughter had begun the painful series of shots, the hunt continued."

The family began to go door to door, soliciting the help of neighbors in the quest for the cat. "There seemed to be no one who knew of the cat until a neighbor, Shelly Young, remembered seeing the cat. I immediately called the engineers who moved their traps to that location," she said.

As of yet the mysterious cat had not been located and on Saturday, Feb. 18, Danielle again received an injection of the vaccine. According to Eldridge, "The cat *had* to be located. When a food supply is left in an area, stray animals will return to where feeding is easy and our traps were the perfect place for it to go. There is some problem with stray animals in an area like ours; often pets are dropped off rather than disposed of properly," he said.

On the evening of Feb. 21 at about 7:30 p.m., Young knocked on the door of the Ortiz home. The cat in question was in a trap that was located near their home. "I immediately called the MPs and they dispatched a car to come get the cat," said Kathy. "It was then taken to the veterinary clinic where it was examined and evaluated not to have been rabid."

Only one day before Danielle was scheduled to receive another shot the ordeal was over. Some might think that this story is like any other which appears in local newspapers, but it isn't — for the underlying factor here is people helping people. This is something that soldiers, family members and civilians working on a military installation have in common...a need to work together to get the job done, and at the Presidio, it happens.

Kathy summed it up by saying, "Thank God for people like the engineers and those who helped, it couldn't have been done without them."



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Opinions

TAKE A BITE OUT OF CRIME

Are you a thief?

The government pen that accidentally went into your purse and ended up next to the telephone at home beside a pad that somehow got into your briefcase...

The colored pencils your child needed for a special school project; the graph paper your wife couldn't find at the store...

The battery-powered lantern that *used* to light the office hallways in case of an emergency and now provides light for your camper...

Small items? Sure. The pen cost only 7 cents; the yellow writing pad, 42 cents; the lantern, \$6.70. Not much is it? But, by simply taking these everyday, low-priced items, you have become a *thief*.

Through its own soldiers and employees, the Army loses thousands and thousands of dollars each year in such products. Other commonly stolen items include

not only pens and pencils, but dictionaries, scissors, paper clips, felt-tip markers, tools, locks, batteries and cleaners. Silverware and dishes from the dining facility are very popular items also.

Think that government pen that you accidentally took home doesn't mean much, especially when it costs the government only 7 cents? Let's look at an example.

If, each year, you took home five pens, one pair of scissors, a box of paper clips, three felt-tip pens and five yellow, legal-size tablets, you cost the government \$7.60. When multiplied by all the Army's workforce, it amounts to *millions of dollars* in small, easily procured items which disappear each year.

Employee pilferage is a problem for all managers, who must worry not only about the theft of these small items, but also about the theft of other, more valuable tools and equipment. The following crime prevention tips are offered to aid in deterring employee pilferage:

- No materials and no finished goods should be taken without a requisition or a removal record being made.
- Managers should exercise tight control over invoices, purchase orders, removals and credits.
- Don't be casual about issuing keys, locking doors and changing locks. Intelligent key control and in-

stallation of locks and alarms are ways of serving notice to workers to play it straight.

- In warehouses, have a minimum number of active doors with a supervisor, if warranted, stationed near each door.

- A supervisor should be present when materials or furnished goods are being received or shipped, and when trash is being removed.

- Conduct unscheduled locker inspections at varying times.

- Use of good controls, stiff loss-prevention procedures, and cleverly located physical security devices are powerful reminders that employee pilferage will not be tolerated.

- Stress loss-prevention through security checks, lock changing, alarm testing, systems audits and bulletin board notices.

- Secure easily pilferable items and tightly control the issue of expendable items.

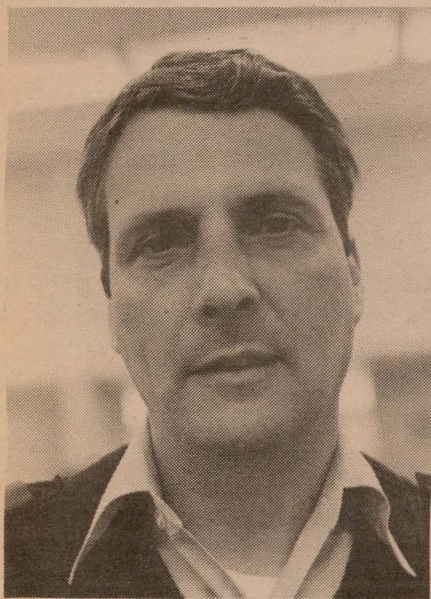
Larceny of Private Property

Person(s) unknown removed some cash, a gold class ring and a gold chain from a barracks room.

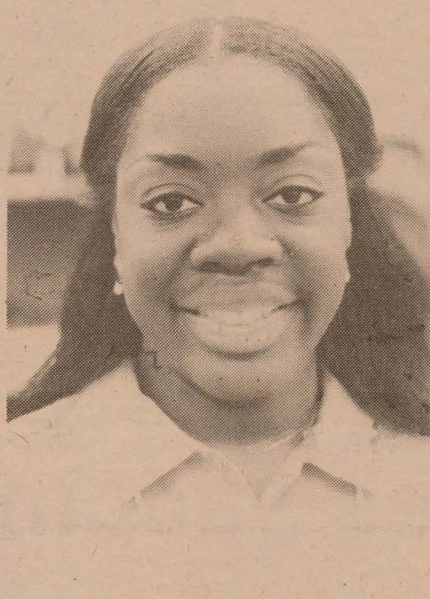
Person(s) unknown removed a purse from a vehicle through a broken window. The vehicle was secured.

Person(s) unknown removed the license plate from a vehicle.

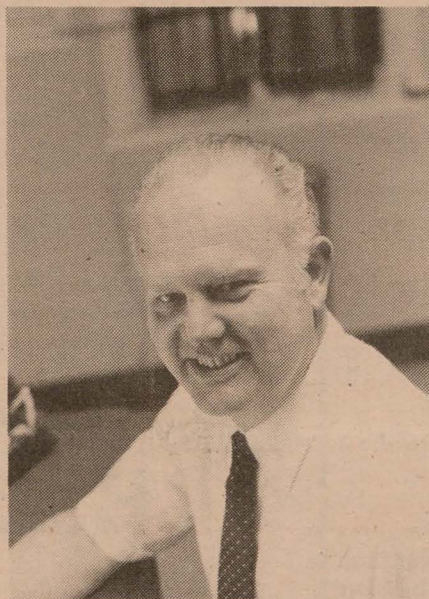
Ramblin' Sam



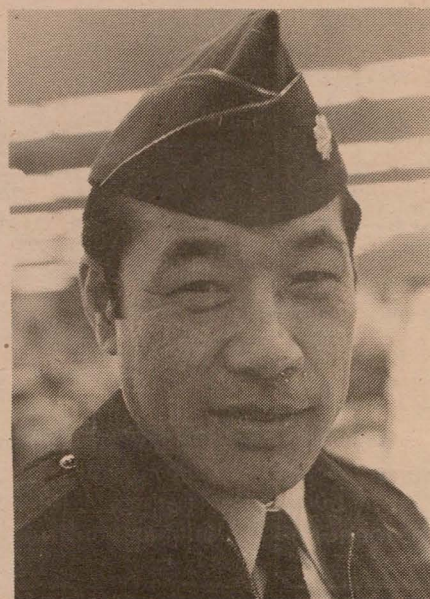
Maj. Leo Tealdi, training officer, 352nd Evacuation Hospital, OARB, "At the lower grades they are often underpaid and at the higher grades they are sometimes overpaid. I feel there are inadequacies at both ends of the scale."



Ellen Garcia, sales clerk, AAFES, "They are paid pretty good. I just started working here at Christmas time."



Kim Lines, chief, AT evaluation branch ODCST, 6th Army, "I would say they are well paid since some of the side benefits such as vacation time, accumulated sick leave and retirement should be included."



Lt. Col. Hyman Wong, 352nd Evacuation Hospital, OARB, "No, not for the amount of work they do. I don't think they are paid enough. They don't have enough people to do all the work."

"Are DA civilians well paid?"

Action Line

Dear Sir:

On December 10, 1983, a large annex parking lot was closed for paving and lighting. Per the notice distributed to users of this parking lot, "Depending on weather, this project may take several months to complete." At the time of closure the parking lot was muddy from the heavy fall rains.

The season normal rainfall in San Francisco is approximately 19 inches. Assuming that in mid-December one-half the season normal rainfall had occurred, it is reasonable to expect another 8-10 inches of rain before the end of April or

early May. It is also reasonable to assume that the paving and lighting of this area will not be started in the midst of the rainy season. Any construction work performed while heavy rains may still occur could mean delays and the possibility of having to repeat the work.

This parking lot has provided automobile parking for the employees of Buildings 1006, 1007, 1008, 1009, 1012, 1014, 1016, buildings located north of Eddie Road, residents of Building 1028 (Company A Barracks), those who work in other buildings who are unable to find parking in close proximity to their work place, and patients who have need to use

the nearby LAMC clinics and facilities. Closure of this parking lot during the wettest time of the year forces employees/residents/patients to walk greater distances when the weather is most adverse — while the parking lot sits empty.

Why is it not possible to allow the use of this parking area until the weather conditions allow the contractor to begin working? Advance notice of one or two days would allow time for all vehicles to be removed in advance of the contractor's arrival. Already one month has passed since the closure of the area and, as of the date of this letter, no work has begun.

We respectfully request that

a response addressing this problem be published in The Star Presidian.

Name Withheld

Contract work was delayed because of a modification requested by LAMC.

The annex parking lot was originally packed soil and gravel; it had no street lights and no storm drainage. Consequently, the parking lot became muddy during the rainy season.

When construction is complete, the parking lot will have storm drainage, a paved surface, street lights and more parking spaces.

Construction on the parking area began Feb. 3, and the contract calls for completion

by April 23--construction is 45 - 50 percent complete now.

Delaying construction work is not considered in the best interest to the government (greater costs).

The work requires trenching for utilities and extensive grading in preparation of asphalt paving. Extensive concrete work (construction of sidewalks and curb and gutter) is also part of the contract. Because of this extensive work throughout the construction area, allowing intermittent use of the area for parking would be a big coordination problem.

THOMAS J. EDGERTON
LTC, CE
Dir, Engineering and Housing

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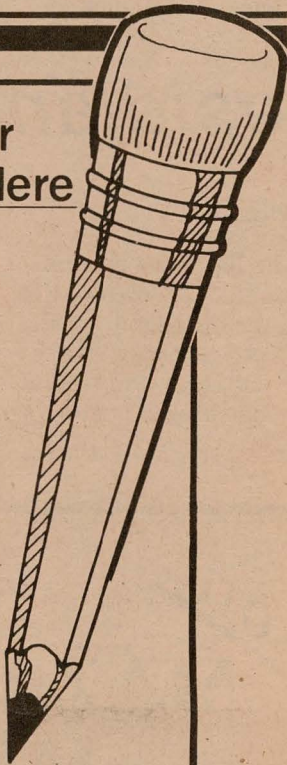
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You may open your IRA with as little as \$25. Or, if you like, you may make your full year's contribution right away. Subsequent deposits may be made through the mail, in person at a branch, or by giving us instructions to make regular deposits through an allotment to your account. Call us at 415-922-7586 or toll free, 800-248-SAVE if you have questions or would like more information.



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Mail to: Pentagon Federal Credit Union
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My account number is _____
- ☐ I am not a member, please send me a membership application. My spouse who ☐ has ☐ does not have an account is also interested in a PFCU IRA. (Check the appropriate answer if you wish an additional IRA request mailed for your spouse.)

'Year of Action' goals met

The 'year of Action' is a new Presidio program designed to serve as a rallying point like the Army's 'Be all you can be' slogan.

During the October Executive Off-site conference in Reno, Nev., missions, goals and objectives were set for the Presidio, with directorates forming their own goals.

Here are a few highlights of the 'Year of Action' goals achieved in February:

- Renovated and moved into a new Reenlistment Center — **Adjutant**
- Finished implementation of new staffing guide for post headquarters — **Adjutant**
- Automated Admin Services Branch — **Adjutant**

- Received \$66,000 for Transfer Point upgrade — **Adjutant**
- Cut Presidio phone bills by one-third — **DCE**

- **COMPACT** received PROFS, a computer software program which schedules work, updates calendars and has electronic mail capability — **AMO**

- Completed plan and now working on phasing for five — year phased plan to implement information systems — **Comptroller**

- Developed a plan to implement information systems — **Comptroller**

- Developed a plan to reduce administrative workload at all levels — **Comptroller**

- Signed contract for de-

livery of complete automation system — **SJA**

- Commander's editorial policy approved — **PAO**

- Visited all Presidio primary staff chiefs and most of their subordinate officers — **Headquarters Command Battalion**

- Established a Crime Prevention Hotline which allows people to **confidentially** report crimes by calling 561-HELP — **PMO**

These aren't *all* of the Presidio's accomplishments for February, just a few of the highlights.

At the beginning of each month, a new list of achievements for the 'Year of Action' will be published in the Star Presidian.



Presidians save money while reaching out

by Bob Walker

Presidio has saved over one-third of its telephone bill through the installation of the Least Cost Routing (LCR) System and close observation of telephone usage.

According to Maj. Phillip

Patterson, USACC commander and director of communications and electronics (DCE), the monthly bill used to be about \$27,000. The bill is now averaging about \$17,000 even with past long distance price increases.

"We can reduce the bill

even futher," Patterson said, through another change, which will be accomplished by the installation of toll restrictors. The change will limit direct calling to the 415 area code; long distance calls made outside the 415 area code will go through the LCR. The LCR system will require callers to give their five digit code number to the operators--which identifies the caller by name. The system operates by computer which routes the call through the cheapest means--WATS, FTS, or commercial long distance lines.

Each organization will receive a computer printout at the end of each month, showing where calls were made and

by whom. Personal calls that are detected will result in a \$7 administrative charge per call plus the prevailing commercial rate and a 3 percent tax.

Should the printout show that someone else has used your five digit code, a new number will be issued to prevent further abuse of this kind.

Anne Greich, operations officer at USACC said, "The overwhelming significance of the change will be the reduction of commercial tolls. Tolls

will be substantially less."

The new system will require third party, collect and credit card calls, local information and international calls to be placed through the Presidio switchboard operator by dialing "0".

Patterson hopes to further reduce the monthly telephone bill at Presidio to less than \$10,000 per month through this new program which will be in operation soon. His goal will be achieved through the support of all Presidians.

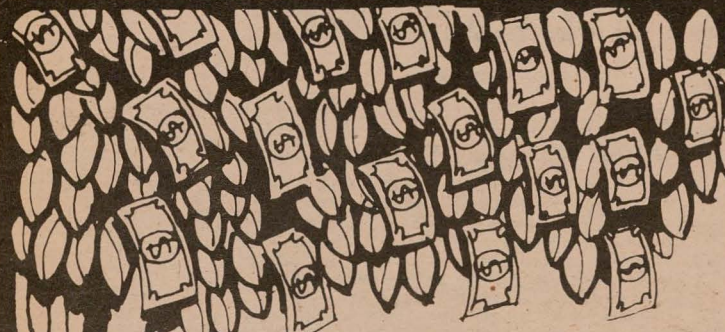
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Dwindling energy concerns everyone

by Bob Walker

Last week's energy seminar gave its greatest emphasis to the family housing session because Army-wide family housing uses **one-third** of the energy consumed by the Army.

Lt. Col. Porch, Dept. of Army energy management chief, pointed out that the United States uses 30 percent of the world's energy and has control of only 5 percent of the world's energy — making us vulnerable to foreign countries' actions such as the OPEC oil embargo in recent years. He added, "The Army has decreased its energy consumption by 35 percent since 1973, but a 300 percent price increase has increased spending."

"We are here to convey to family housing what we are trying to do. We are talking about energy management and how to eliminate waste."

Dr. Carlos Warren, program manager for Reynolds, Smith and Hill (Architects, Engineers, Planners, Inc.) of Jacksonville, Florida, headed the family housing session. He said, "My family became true believers of energy conservation after a Florida cold snap produced a \$400 electric bill. Col. Hawkins has to worry about the post's energy bill — because he is on a "fixed income" for energy. The energy seminar is a beginning — big things come from small things."

Estimates of energy costs for the future suggest a one-third increase by 1985, *doubling* by 1990 and being five and a half times more expensive by the year 2000.

What does the Army plan to do about it?

First of all, wiser use of energy will be pursued. In family housing, "Heating will eat up more energy than anything else. The tighter the house, the better off you'll be," Warren said.

Tips for testing air tightness are to use a lighted candle to check for drafts. Another test is to stand outside the windows and doors at night; if you see a light, it signifies a need for caulking or weather-stripping.

Other tips include turning down the thermostat. Warren said, "The Army doesn't want you to freeze. A one degree set-back saves 3 percent of fuel use."

A discussion on the use of electric space heaters resulted in the conclusion that they are good for heating small rooms for short periods of time, while occupied. Unused rooms should be closed off and left unheated.

It was also suggested to replace or clean furnace filters, keep heat registers and outlets clean and unobstructed, wear warmer clothes and put an extra blanket on the bed.

Warren emphasized the availability of supplies,

tools and training at Self-Help for weatherproofing, plumbing, lighting and furnace filters. Use good quality light bulbs and use fluorescent lighting where possible. Turn lights off when they aren't needed and reduce lighting in your home.

Hot water uses about 20 percent of the energy in the home. Repairing leaky faucets, insulating the hot water heater, reducing the temperature to 140 degrees with a dishwasher or to 105 degrees otherwise and installing an aerator in the kitchen faucet help reduce energy consumption. Also, do full loads in the clothes washer and dishwasher when possible. Don't shower too long and use electric shavers — they cost less to operate than heating water for shaving.

Porch said, "It takes more energy to heat water for a four-member family for a year, than it does to drive the family 12,000 miles in a car getting 22 miles per gallon!"

Kitchen tips include:

- Never boil water in an open pan (it takes longer).
- Keep reflectors and burners clean.
- Match the pan size to the burner.
- Turn off electric burners early to finish cooking.
- Use a timer.
- Use pressure cookers or microwaves to save energy.

Don't preheat the oven.
Let dishes air dry in the dishwasher.
Scrape the dishes and rinse with cold water, when necessary, before loading the dishwasher.

Check the seals on refrigerators and freezers with a piece of paper — if it pulls out easily, seals need to be replaced.

Don't open the refrigerator to look over food — don't open it needlessly.

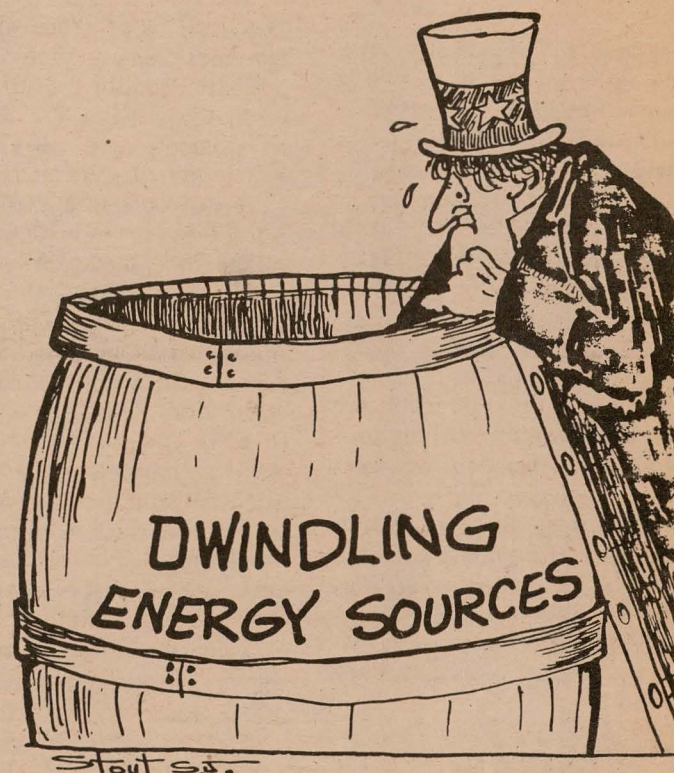
Clothes drying tips include:

- Dry full loads.
- Clean the lint screen frequently.
- Dry consecutive loads.
- Use the "solar clothes dryer."

In addition to a family housing session, a general session, a command briefing and sessions for military transport fuel and DEH were held.

The purpose of the seminar was to assist Col. Hawkins by increasing the level of awareness of what a critical resource energy is, according to Porch.

Porch said, "DEH has the burden of energy management. Energy users demand that DEH provide the desired energy, yet tenants and housing occupants consider energy an engineer problem."



Keith Van Sant, engineer coordinator from FORSCOM said Presidio energy use is divided about evenly — one-half electric and one-half heating costs.

"There has been a lot of challenges at DEH. A computer system will help prioritize the work order system soon — we've been in the Dark Ages. It will be about another six months before significant improvement is seen. We have 1375 quarters, which means 1375 families; we have only a small representation here at the family housing session. We're not kidding around about energy. I suspect metering will occur in the future, with energy being charged to the families," Col. Eugene Hawkins said.

Porch expects the installation to have a better awareness about energy now, so that everyone will think about it and use it wisely. He said, "We find that because of our program, we have turned things around. People find out what energy conservation is and how to use it."

And that's what the seminar was all about!

Language student captures SOM honors

by Bob Walker

Pvt. 2 Douglas M. Childs was named the February Soldier-of-the-Month (SOM). A student of Spanish at DLI, he is the third DLI student and the second from Company H to win the title in the past four months.

Childs said, "I was surprised to win. I didn't think I had a chance against more experienced and higher ranking soldiers."

"My strongest point was the way I presented myself. You

need a lot of confidence, and lots of study time. You have to know what you are capable of and convince the board that you know what you're talking about. You have to be knowledgeable and be confident. You must have a very positive attitude and never give up. I received a lot of support from my peers."

Childs went before the company and battalion before going for the post title—all within a three week period.

Childs' Spanish instructor Artemio Martinez-Moyo said that "Childs is an excellent and dedicated student who always does his duties well. He follows instructions, is attentive and is very cooperative. He's an excellent soldier more than anything else."

Company H commander, Capt. Peter S. Goldberg, said "Anyone at DLI is a prospective SOM due to the selective process which allows them to come here. The process can be likened to a college exam—lots of preparation is needed. DLI soldiers know how to study as they are studying constantly. They know how to pick out significant information from the papers. They are more comfortable before the boards."

Company H 1st Sgt. James L. Brown said, "Childs prepared himself well, he is a positive individual with a desire to excel. He gets involved in the common skills side of it. He's a dynamite individual. I like to see people like him go for it, by putting their best foot forward."

Brown said that he is a believer in training, as skills are easily forgotten. He has organized mock boards which help to keep soldiers current. He explained that he's always on the lookout for anything of a military nature which he

then makes available to the soldiers for study purposes.

For those who wish to apply themselves, it prepares them

for both the board and future assignments.

Is it any wonder that DLI has had more than its share of SOM's?

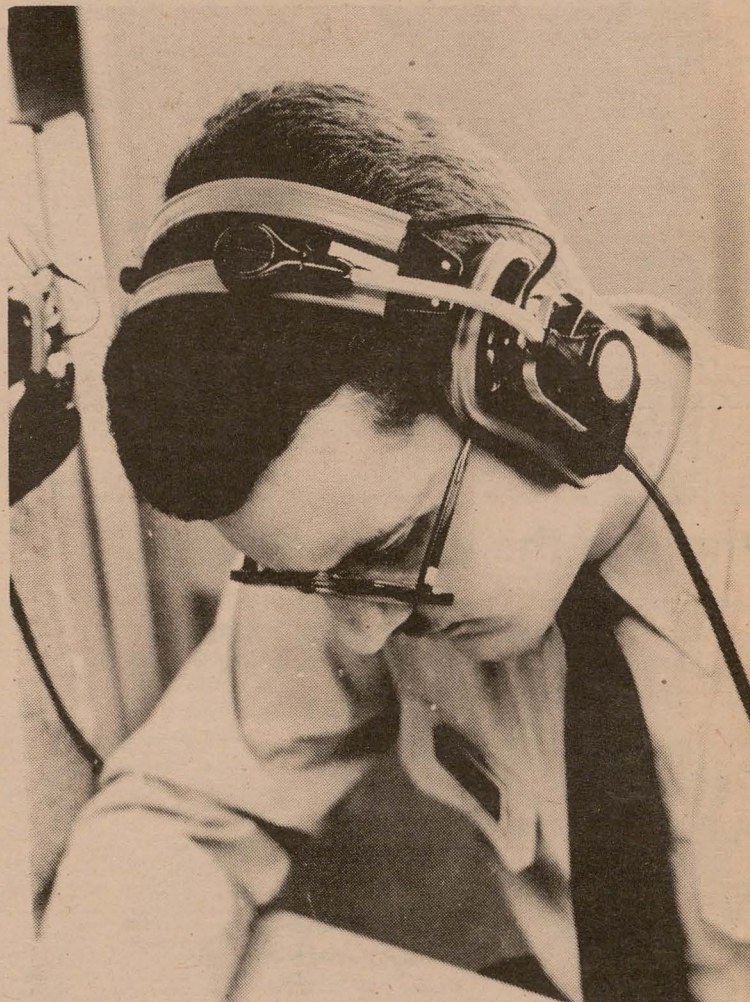


photo by Bob Walker

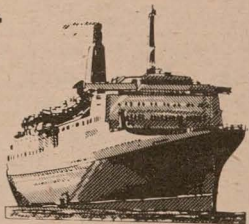
February Soldier of the Month, Pvt. 2 Douglas M. Childs concentrates on a Spanish exam in the DLI language lab.

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Community Calendar

Newcomers

The Presidio Newcomers' Orientation briefing will be held from 8 to 11:30 a.m. at the Post Chapel on Fisher Loop, across the street from the NCO/EM Club, on Tuesday, March 20. Soldiers assigned to the Headquarters Command Battalion (Prov) and the 504th MPs, who have not previously attended, are **required** to do so this month--all other newcomers are cordially invited.

The briefing's purpose is to acquaint new people with the installation and its facilities and activities. Future briefings will be held at the Post Chapel on the third Tuesday of every month.

EM wives

The Presidio Enlisted Men's Wives' Club will hold its monthly business meeting March 5th at 7 p.m. at the Wives Club, building 623.

Special speaker, this month will be Karen Jupe, Family Services Director from Child Development Services. She will be talking about quarters-based family child care, a new program being implemented under the Human Resources Development Division of

DPCA. This program will affect those persons babysitting in quarters on the Presidio. All interested persons are invited to attend; please call Glenda Emerson at 921-5691, or Karen Gibson after 5 p.m. at 922-7718.

The Presidio EMWC holds business meetings the first Monday of each month, and invites all spouses of enlisted service members to attend, regardless of branch of service. If you are interested in what's happening on the Presidio and how it affects you, join us and be informed.

Central appts.

Active duty soldiers who call Central Appointments at Letterman Army Medical Center for a medical appointment should immediately tell the appointment clerk that they are active duty. This will usually provide better service as most clinics have appointments set aside for active duty service members.

Teen dance

Teenagers (12-18 years old) interested in taking Ballroom Dance are invited to register at the first class meeting on Monday, March 12. Classes will be held every Monday at the Log

Cabin from 4:15 to 5:15 p.m. for eight weeks. The registration fee is \$28.

For more information, call Youth Activities at ext. 5143.

Recycling

Recycling for March will take place Saturday, March 3. Quarters residents are reminded to have newspapers and all-aluminum cans ready for pickup from 10 a.m. to 2 p.m. All proceeds from recycling will go to the Boy Scouts, Girl Scouts, Parent Youth Club and the Aquarius Swim Club. In case of rain, the recycling will not be held. However, cans and newspapers can be dropped off at the recycling point (located next to building 661), at any time.

Rec. center

Volksmarch

The Presidio Recreation Center will hold a Volksmarch, Saturday, March 10 from 9 a.m. to 4 p.m. Pre-registration is \$4 for medal and IVV stamp and \$5 after March 5. For more information contact the Reception Center at 561-2000.

Leisure Classes

Breadmaking classes are scheduled Wednesday, March 6 at 7:30 p.m. Cost is \$25 for four weeks. Ongoing classes continue for computer bugs every Wednesday and Thursday at 7 p.m. with no charge to students. Square dancing classes are scheduled Wednesdays at 7 p.m. at the Log Cabin. Cost is \$2 per person. For more information contact the Recreation Center at 561-2000.

Wine tasting tour

The Northern Sonoma Barrel Wine Tasting Tour is scheduled for Saturday, March 3, from 9 a.m. to 6 p.m. Cost is \$5 per person. For more information contact the Recreation Center at 561-2000.

St. Patrick's race

A St. Patrick's Day Snake Race at Zellerbach Plaza is scheduled Saturday, March 17. Cost is \$3 per person. Tour departs at 10 a.m. and returns at 3 p.m. For more information contact the Recreation Center at 561-2000.

Ticket Information

Disneyland "Salute to the Military" tickets are on sale. Cost is \$9 per person, 3-years and older. Offer ends March 4. Ninth West Coast Computer Faire is scheduled March 22-25. Cost is \$15. Oakland Invaders Football tickets are available for 1984 season. Cost is \$4 per person. Great America tickets for the 1984 season are on sale. Cost is \$10 per person. For more information contact the recreation ITT desk at 561-2000.



Historic photo

This cannon shows the intricate design common to many of the Spanish cannons that were once used here. Many were made in Peru long before the Presidio was constructed by the Spaniards in 1776.



Photo of the Week

Johancharles Van Boers wins Photo of the Week honors with this architecture study. Photo of the Week submissions may be dropped off at building 37, room 212, during normal duty hours.

The recreation center hours of operation are: Wednesdays, Thursdays, Sundays and holidays 2-9 p.m.; Fridays and Saturdays, 2-10 p.m. and Tuesdays 2-6 p.m.

• • •

Books are on sale at the ITT desk in the Recreation Center. Anyone interested in purchasing travel and visitors booklets stop by the Recreation Center, building 1331.

Student exchange

Qualified host families are now being sought for American Foreign Student Program exchange students from France. These students will spend one month this summer experiencing the United States by participating in the daily life of an American family.

The American Foreign Student Program, a nonprofit organization, is searching for American families excited by the prospect of sharing their homes with a European exchange student. Host families provide room and board and offer him or her the same guidance and love they give to their own children. By sharing their daily life with a student from another country, the family will have a unique op-

portunity to learn about another culture through a native's eyes, while deepening their appreciation of their own country by introducing America to someone new. Families interested in participating in this program can receive more information by contacting their local community representative, Penny Morales, at 929-0438 after 5 p.m.

OWC art auction

The Presidio Officers' Wives Club bring you an unusual opportunity to view and acquire exclusive editions of original graphics, oils and watercolors.

Featured will be international award-winning artists such as Hinte, Kelly and the School of Paris artists. Also represented will be such world famous masters as Dali, Picasso, Miro and Chagall.

Each work of art is in a frame individually selected to complement that particular piece.

A piece of fine art will be given as a door prize.

The exhibition begins at 6 p.m. and the auction starts at 8 p.m. at the Presidio Officers' Club on Saturday.

Presidio Theatre

Mar. 1	The Final Option (R)
Mar. 2	The Final Option (R)
Mar. 3	Two of a Kind (PG)
Mar. 3	Two of a Kind (PG)
Mar. 4	Two of a Kind (PG)
Mar. 5	Two of a Kind (PG)
Mar. 6	A Night in Heaven (R)
Mar. 7	Revenge of the Ninja (R)

Schwartz Theatre

Mar. 1	Sudden Impact (R)	7 p.m.
Mar. 5	The Final Option (R)	7 p.m.
Mar. 7	Two of a Kind (PG)	7 p.m.

Presidian Review: In The Final Option, a number of American VIPs are taken hostage by an anti-nuclear group in London. A British commando group is called in to rescue the hostages and eliminate the terrorists.

Sports

OUTDOOR REC

Outdoor Recreations Ski Safety and maintenance classes are scheduled for Thurs., March 8 and 22 at 5 p.m. and Thurs., March 15 at 12 p.m. Individuals who use skiing equipment from Outdoor Recreation must attend one session prior to checking out equipment. For more information call 561-4324.

Ski trip number 7 sponsored by Outdoor Recreation is scheduled for April 6-8. Cost is \$55 for skiers and \$50 for non-skiers. Cost includes transportation and lodging. For more information call Outdoor Recreation at 561-4324.

Scuba diving classes are scheduled for weekends March 10-11 at 8 to 11 a.m. for three weekends and weekdays March 13 at 6:30 p.m. for eight evenings. Cost is \$85 per person. For more information call 561-4324.

Good Sam cards are now available to recreational vehicle renters which entitles users to discounts in most RV parks. For more information call 561-4324.

STATE GOLF TOURNEY

The Presidio Post Golf team ventured to the California State Military Golf Championship at the Rancho Del Rey Golf Course in Atwater,

Calif. This event is a 36-hole championship event that attracts the top active duty military golfers in our state; it was open to 0-21 handicappers. Joe Gardner (LAMC) finished 5th overall and 1st in his flight. He shot a total score of 158. Another Presidian who did well was Gary Dutcher (LAIR), who finished 1st in his flight. His score was 163.

VOLLEYBALL LEAGUE

Intramural Volleyball League competition begins on or about March 19. The 1984 U.S. Volleyball Association rules will apply as modified for intramural play by the Presidio Sports Branch. Units desiring to enter a team are requested to contact the Sports Branch, no later than March 13. A clinic for coaches, managers, players and officials will be conducted at 1 p.m. on Tuesday, March 13 at building 63, Post Gym No. 1. Units entering a team must have a team representative at this meeting. For more information, call ext. 4120 or 5072.

YA JAZZ DANCE

Classes for Youth Activities Jazz Dance are on Tuesdays and Thursdays from 5:30 - 7 p.m. at the Log Cabin. These classes are on-going, so you may pay a monthly fee of \$35 for eight classes or a drop-in fee of \$5 for one class. Classes are for teenagers 13-18 years of age and performances/recitals are given throughout the class.

BASKETBALL SCORES

LAMC No. 2 - 70
LAIR - 66

Reeves was high scorer for LAMC No. 2 with 26 points, followed by Ruffin and Tillman with 23 and 12 points, respectively.

Doctors - 61
170th MP Co. - 44

Doctors' Ramee took top scoring honors with 22 points along with Barkovich with 12 points.

Kolb made 16 points for the MPs and Adams scored 12.

DEH - 53
504th MP Co. 52

DLI, Co. G - 63
LAMC No. 2 - 55

Baker and Robinson each scored 17 points for DLI, Co. G., with Tate and Rosterfor contributing 14 and 13 points, respectively.

Ruffin was top scorer for LAMC No. 2 with 18 points, followed by Reeves with 14.

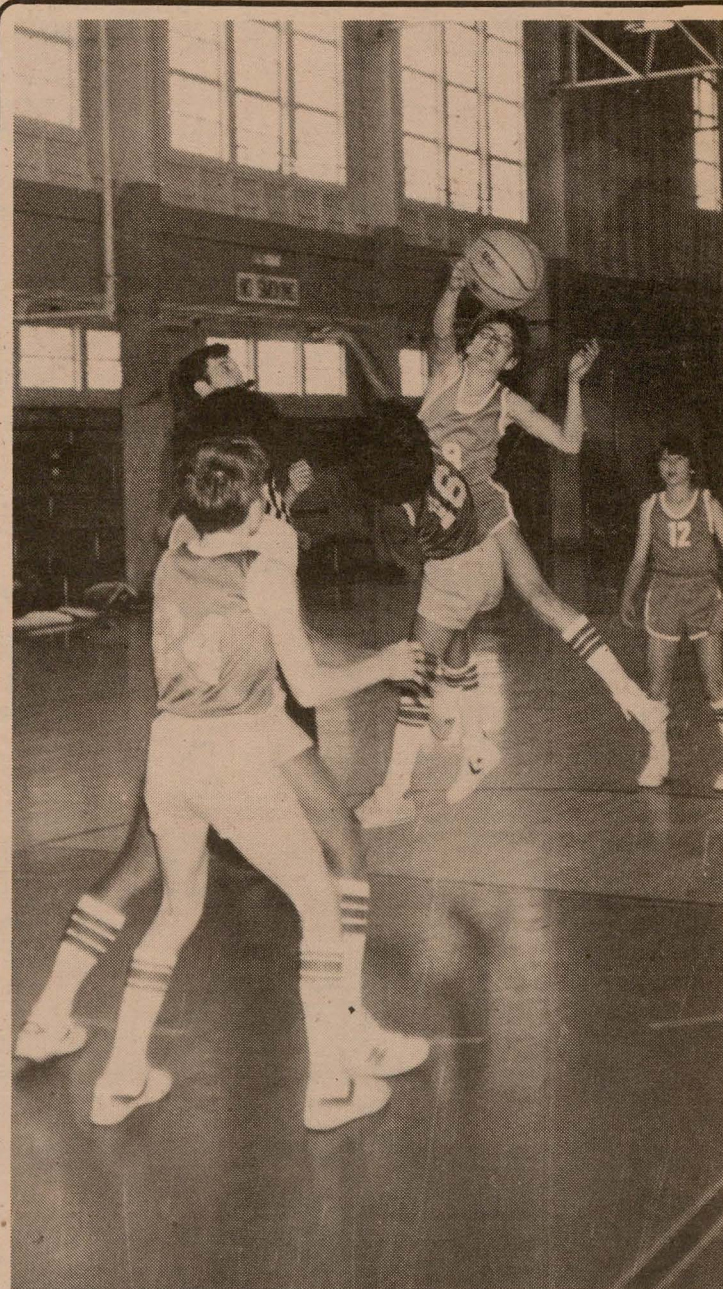
USACC - 67
MILPERCEN - 46

Doctors - 71
USAG - 55

Ramee again takes top scoring honors for the Doctors with 22 points, while Sutherland and Winer turned in 17 and 11 points.

In spite of McCraeven's 36 points, a valiant effort by anyone's standards, Garrison just couldn't pull off a win.

Garrison still leads the Doctors in the team standings, though.



Future stars

Two youngsters jump for the ball in this basketball game sponsored by Youth Activities.

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VIETNAM VET collector wants to meet others who've brought memorabilia/militaria. Paul Fujinaga, 321 Grant, No. 507, SF 94108. 415-981-7830, weekdays.

MOBIL DISCO: DJ for weddings, class reunions, company parties. All music styles, requests. Call Eareye Productions, 968-7059.

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YA BASEBALL SEASON

Youth Activities Baseball sign-ups will be on March 17 and April 7 from 9 to 11:30 a.m. at the Main Post Gym. Registratic fee will be \$10 and a birth certificate is needed for verification of age. Tryouts will be held on April 7 at the Pop Hicks Field for the following ages and times:

Minor League
ages 7-10 1-2:30 p.m.

Major League

ages 11-12 2:30-4 P.M.

Junior League

ages 13-14 4-5 p.m.

The YA Baseball Program is in need of coaches and umpires for the upcoming season. If you are interested or have any questions about the baseball season, please contact the Youth Activities office at 561-5143.

YA SOFTBALL

YA Girls Softball sign-ups will be on March 17 and April 7 for girls ages 12, 13, and 14. They will be conducted at the Main Post Gym from 9-11:30 a.m. Registration fee is \$3. Teams will be formed depending on the number of sign-ups.

For further information, please call the YA office at 561-5143.

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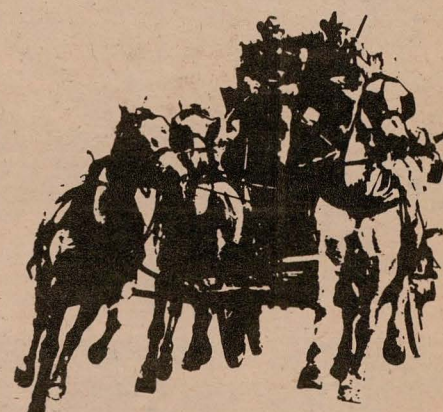
Open an IRA at Presidio Wells Fargo and You May Win a Case of 1979 Geyser Peak Cabernet Sauvignon

You're automatically a winner when you open an IRA, because your IRA dollars mean tax savings! And if you open a new IRA at the Presidio Wells Fargo between March 1 and April 16 you're eligible to be in our drawing for a case of vintage red wine!

Stop in between 10 a.m. and 3 p.m. Mon.-Thurs, 5 p.m. Fri., to open your account and enter the drawing.

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Star Presidian

Vol. 27, No. 9

"Published in the interest of the personnel of the Presidio of San Francisco."

March 8, 1984

Citizen of the quarter

Do you know that *special* person. You know . . . the one who is always there when needed, donating their time and talents, deserving to be recognized for their contributions to us, the military community?

Here is your chance to thank that special person and give them the recognition they deserve — nominate them for Citizen of the Quarter! Contact the Army Community Services office at building 214, ext. 5057/5156 to submit your entry.

Hurry!!! Nominations must be in **no later than** close of business, March 23.

European jobs

Civilian personnel recruiters from U.S. Army Europe will give a group presentation at 9 a.m. in Building 603 on Monday, April 9. Recruitment focus includes personnel specialists, accountants/auditors, management (manpower) and budget analysts, nurses, morale support specialists, social workers, and alcohol and drug specialists. NAF applications from personnelists, computer specialists, and morale support activity personnel will also be accepted. Interested personnel should bring their SF-171 (or SKAP package), most current SF-50 and most recent supervisory appraisal.

Individual interviews will be conducted in Building 37 after the group meeting. For an interview appointment or information, contact Julia Sleeper at ext. 5757.

Children and hospitals week

The week of March 18-24 has been declared the 4th annual "children and hospitals week," sponsored by the Association for the Care of Children's Health (ACCH). The goals of the week are to provide information about the psychosocial needs of children and families in health care systems, to teach skills to parents and care-givers in assessing and meeting these needs, and to make health care systems more responsive to those needs. "Children Bring Us Together," is this year's theme, calling attention the partnerships and combined efforts of parents, health professionals, community leaders, school personnel and others to improve the quality of health care for children and families.

LAMC is planning to participate in this program by having several activities. The major activity will be a display in the hospital of hospital related items for children to see and experience. Literature will be available for parents and staff members to read, related to hospitalization. Staff members from various areas of the hospital will be present to greet the children and family members. All children and their families and friends are encouraged to attend.

Army suggestion program

Soldiers know how things work and how to fix things that don't work. Share your ideas through the Army Suggestion Program. You don't have to invent a new weapons system to get in on the program. In fact, some of the best suggestions are ideas to make things work better. Figure a way to make your job more efficient and then tell us. Each year cash awards of \$25 up to \$25,000 are paid for adopted suggestions. The President can approve an additional award of \$10,000 for suggestions that are truly exceptional.

The Army Suggestion Program is open to all active component, Army Reserve, Army National Guard and civilian personnel.

To submit an idea, use a suggestion form (DA Form 1045), or a plain piece of paper and tell:

- What the present practice, system or item is.
- What change is suggested.
- Where and how your idea can be used.
- What savings or benefits will result.

And then? Just send your suggestion to the nearest Civilian Personnel office.

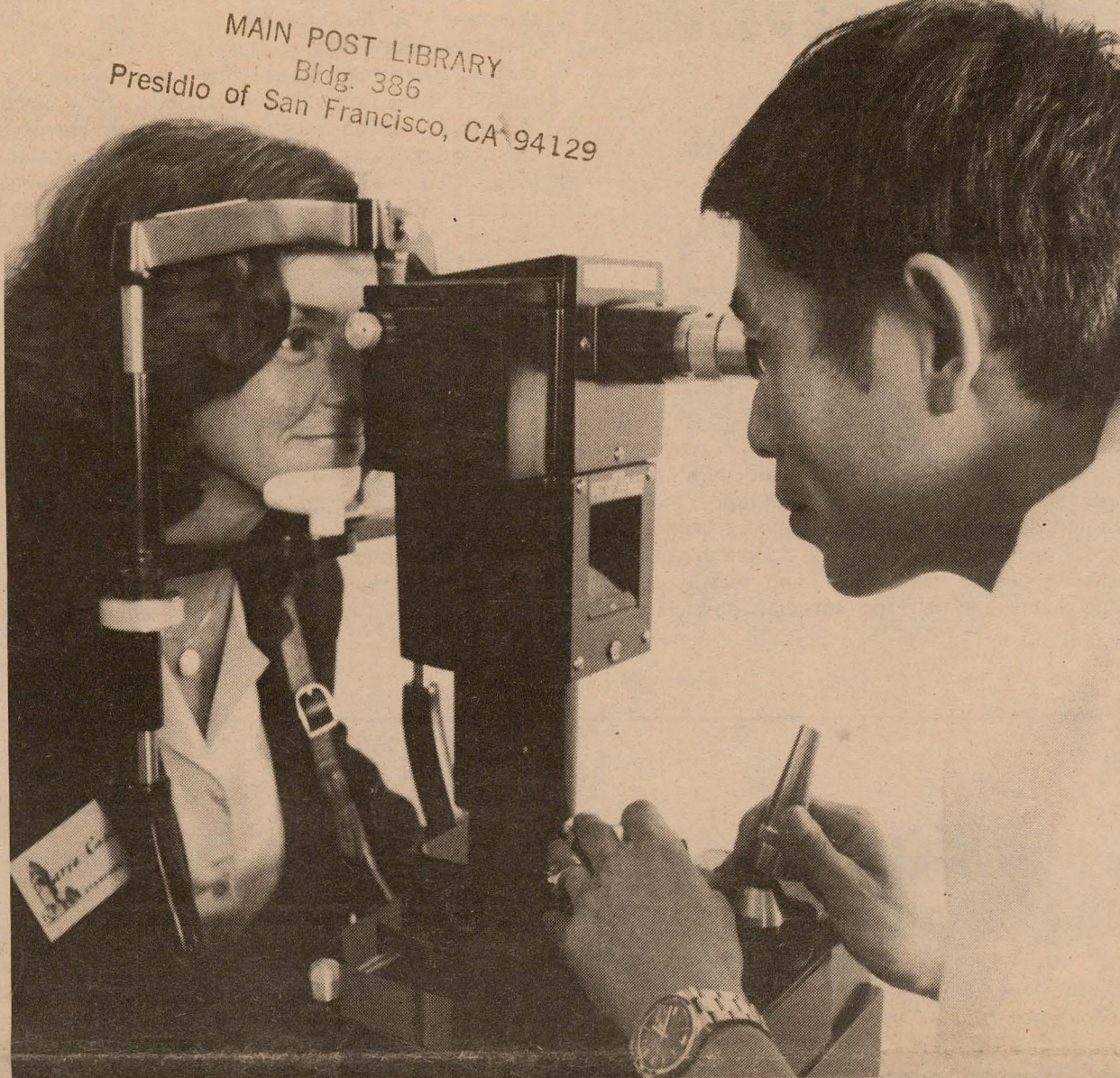


photo courtesy of LAMC Public Affairs

Eye tests are one of many exams available to Presidians at the Health Faire on March 15.

Post health faire to be held

by Kathy Canham

Have you been wondering lately how your health is faring but been reluctant to take the time to wait in a doctor's office or clinic for an examination? If so, then come the Presidio of San Francisco's Health Faire at Harmon Hall on March 15. The Presidio's active duty soldiers and their families, military retirees and their families, and Department of Defense civilian employees are all invited to this free one-stop check-up on their general state of health.

Medical professionals and volunteers will give hearing, lung capacity, and blood pressure tests; oral health, foot, skin cancer, and glaucoma screenings; breast, testicle, and prostate examinations; and a urinalysis test for the presence of sugar and albumin. Come early in the day if you would like to learn your cholesterol, triglyceride, and glucose levels through a blood chemistry test that requires you to fast for 12 hours before the test. Physicians will explain the results at the end of your examination.

The faire's theme is "The Road to Wellness" and faire exhibits will equip you with the information to plan your own wellness program. There will be displays on nutrition and exercise guidelines, alcohol and drug abuse, planned parenthood, sexually transmitted diseases, and occupational health.

It will take approximately two hours to complete all of the examinations and view the exhibits. Presidio commanders have granted civilian employees two hours of administrative leave to attend the faire. Faire hours will be from 8:30 a.m. to 4:30 p.m. on March 15. To find the "Road to Wellness," follow Mason Street west past the Main Post Exchange and the motor pool to the Health Faire at Harmon Hall, Building 649.

The Presidio will provide transportation to the Health Faire using a shuttle bus service to and from

Harmon Hall. Times for the shuttle bus service to Harmon Hall and pick-up points are listed below. On the second chart, the departure times for the return trip from Harmon Hall and the drop-off sites served on each trip are listed.

TO HARMON HALL					
	LAMC, Bldg 1100	Post Bldg 220	HQ Bldg 37	CPO Bldg 38	Finance, Bldg 101
Departs	0745	—	—	—	—
	0820	0835	—	—	—
	0905	0915	0920	—	—
	0940	0950	0955	1005	—
	1035	1045	1050	1100	1110
	1300	1305	1310	1315	1320
	1400	1415	1420	1425	1410*
	1500	1510	1515	1520	1505*
*Route varies on last two trips.					
FROM HARMON HALL*					
	Harmon Bldg 1100	LAMC Bldg 220	Post Bldg 37	HQ Bldg 38	Finance Bldg 101
0805	X(0815)				
0850	X	X	X(0920)		
0935	X	X	X	X(1000)	
1020	X	X	X	X	X(1105)
1125	X	X	X	X	X(1205)
1330	X(1400)	X	X	X	X
1435	X(1500)	X	X	X	X
1530	X(1600)	X	X	X	X
1630	X(1700)	X	X	X	X

Route for return from Harmon Hall varies throughout the day. Only the *approximate* time of arrival at the last destination of each return trip is shown.



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Opinions

TAKE A BITE OUT OF CRIME



Crime Watch Rape

What is rape? Article 120 of the Uniform Code of Military Justice defines rape as an "... act of sexual intercourse by a person with a female not his wife, by force and without her consent." But rape is more than just nonconsensual, forced sex; rape is a crime of violence. Rape is a complete assault upon a person: it attacks physically, emotionally, and socially as well. Rape victims may face the immediate physical danger

of being beaten, maimed, or even killed. They also face the possibility of contracting venereal disease and/or unwanted pregnancy. Then there is the trauma of emotional stress that comes from the social implications of rape... implications which subject the victim not only to her own feelings of guilt, anxiety and anger, but also that of family and friends — for whom the rape is often no less a trauma.

Rape doesn't happen just to young, attractive women. Any female may become a victim of rape. An analysis of the rapes of women soldiers for Calendar Year (CY) '82 indicates that over 90 percent of the cases occurred on-post, and that nearly 60 percent of these offenses occurred in the victim's or offender's quarters. Alcohol was a prominent factor in many of the cases, and in nearly 75 percent of the cases the victim and the offender were acquainted; in over 85 percent of the cases the offender was unarmed.

The figures listed above suggest that the rapes involving women soldiers do not fit the stereotypical category of rape, where an unknown assailant attacks an unsuspecting victim. Instead, rapes of female soldiers appear to fit the category known as "date rape," in which a male acquaintance forces himself upon the victim and may not even consider his act to be rape. However, his actions in fact constitute a rape — which should be reported to the police.

Rape and other sexual offenses are criminal in nature and punishable by law. However, the experience is very traumatic for the victim, her family members,

and friends. It is estimated that at least 50 percent of all rapes and other sexual offenses are not reported. It is important that these types of crimes be reported to prevent the offender from victimizing others. Even if you do not want to file charges, it is important that you be aware of the fact that confidential assistance is available for victims of sexual offenses. The availability of these services can be requested by contacting the Military Police at 561-HELP, or the Chaplain's Office at 561-4239, or 2045 after hours.

Crime prevention material on how to protect yourself from sexual assault is available through the Crime Prevention Office, Building 36, 561-4925/5011. Rape Prevention Seminars will be conducted during the month of April, which has been declared Rape Prevention Month by the Department of the Army. Schedules of time and location for these seminars will be published in advance.

Crime Report

Person(s) unknown removed a license plate from a vehicle in front of a set of quarters.

Person(s) unknown broke the right rear window of a POV.

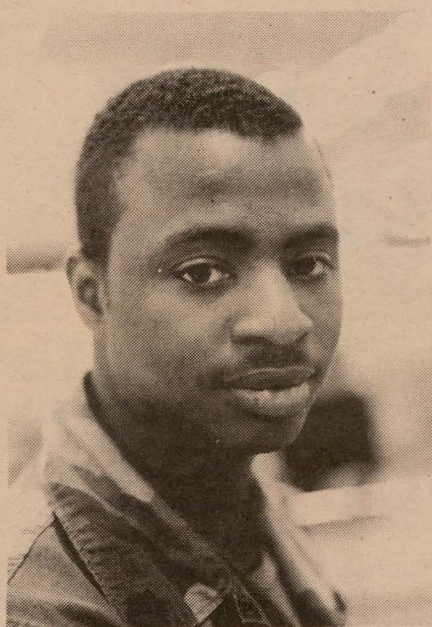
Person(s) unknown removed some cash which was left unsecured on an office desk.

Person(s) unknown removed a motorcross bike which was left unsecured in front of quarters.

Person(s) unknown removed a car burglar alarm from an unsecured vehicle.

Ramblin' Sam

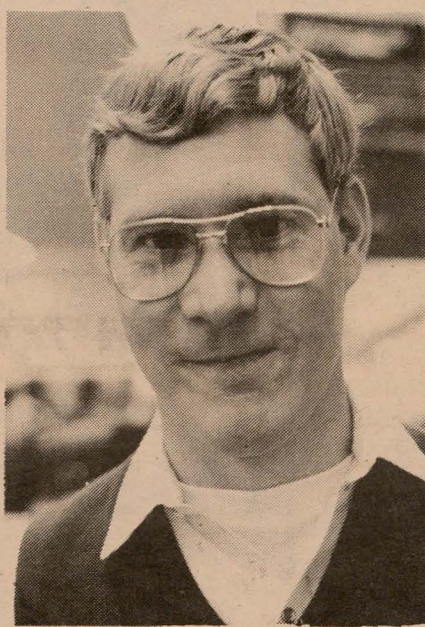
"How do you keep fit?"



SSgt. Bruce Davis, NBC NCO, DPT-SEC, "I run every other day and lift weights."



Terrel Pierson, family member, "I run three miles every night."



PFC Chad C. Beck, hospital corpsman, LAMC, "I try to run. I work real hard; I'm on my feet all day. I could do more push-ups though."



Sp5 Sandra Huffaker, medical specialist, pediatrics nursery, LAMC, "I take care of my 19-month-old son. I chase him around."

Letter to the Editor

Dear Editor:

Every weekday morning at 7 a.m. there is at least one organized unit running on Kobbe Avenue "sounding off" at the top of their lungs. On our street happens to live tiny babies, toddlers, family members under doctor's care — all who do not need to be awakened at that hour. Calls to both the Engineer and MP battalions have been ignored.

If — as Col. Hawkins says — there are over 500 miles of roads and walkways on this post and if — as the Department of the Army says — there is an effort being made to improve the quality of life for the soldier's family,

then why must we have to endure this continued early morning invasion? We know of no other post where troops are allowed to run in housing areas.

Must this insensitivity be the price we pay for being assigned to this housing area? Why can't they run through the woods or on the beaches where they can shout to their hearts' content and disturb no one?

Angry residents

Action Line

A number of personnel wonder why the showers at the LAMC gymnasium cannot be fixed. The following problems prevail:

- Half the showers don't work.
- The ones that work are difficult to monitor the temperature of the water.
- When toilets are flushed, the cold water to the showers immediately ceases and one could get burned if not moving fast enough.

Request these questions be answered.

Name Withheld

This is the current status of query on conditions of men's showers in Post Gym No. 2, Bldg. 1152.

The Post Engineer Plumbing shop has repaired all the showers in the men's room by replacing all broken or leaking shower heads and

handles on Feb. 27. All plastic shower heads will eventually be replaced with metal ones upon receipt by the plumbing shop. The metal shower heads are vandal proof and have water flow restrictors in them.

On February 17, the Plumbing Shop regulated the commode water pressure and this will allow less hot water to touch the patron, when the commode is flushed.

L. D. Bowen
DDPCA

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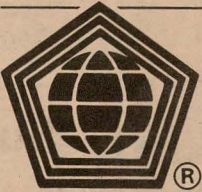
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Women at war, an uncommon historical view

by Lyn Tondorff

Since the birth of this nation, the bravery of American men in combat has been brilliantly chronicled, but little has been recorded about the courage of American women in war time. The traditional portrayal of women during war has shown her dutifully and steadfastly awaiting her man's return from the front. While this portrait is based on some truth, it is not representative of all American women, a great many of whom took active and decisive roles in war time. The Civil War, the Indian Wars, the Spanish American War, World War I and II, and the Korean and Vietnamese Conflicts provided untried fronts for American women who were called upon to perform under extraordinary circumstances and proved themselves equal to the task.

Disguised as men

In this country's early days, women were not admitted to the armed forces as soldiers — the only way for them to join the service was to disguise themselves as men. Consequently, numerous women posing as men fought not only in the Revolutionary War, but in the War of 1812, and the Civil War as well.

Disguised as a man, Deborah Sampson enlisted *twice* in the Continental Army. Sampson's true gender was finally detected when she was wounded and a doctor examined her. After she received her discharge, Sampson gave lecture tours in which she wore her uniform and told of her exploits. When she died, her husband was granted a military pension for her services.

As with the Revolutionary and Spanish American Wars, the Civil War is replete with colorful stories of women,

Union and Confederate alike, who covertly joined the war effort through espionage work and by disguising themselves as men.

Nurse, spy, scout

Harriet Tubman, the famous black abolitionist, served throughout the war as nurse, spy, scout and guide for the Union Forces.

Born a slave in 1823, in the 1840s she escaped alone to Delaware and Philadelphia where she worked during the next 10 years as a "conductor" in the Underground Railroad. She made approximately 19 trips into the South and led nearly 300 slaves to freedom in the North and Canada.

When the Civil War erupted in 1861, she continued her trips into the South. In 1862 she worked in cooperation with Union forces which had recently captured the Georgia Sea Islands, serving as a liaison between Federal troops and recently freed blacks and as a volunteer nurse in camp hospitals.

In June 1863, Tubman accompanied Col. James Montgomery on a raid up the Combahee River in South Carolina. Leading the troops up the river, Tubman helped them avoid Confederate defenses and participated in the assault which destroyed commissary stores, cotton, and other property valued in the millions and helped more than 700 slaves to escape to Union lines.

Unlike the earlier wars, the Civil War also saw the beginnings of organized, highly visible military nursing. Military medicine set the stage for women's eventual entry into the armed forces on an ongoing basis and with full government recognition of their importance and service.

In April 1861, Dr. Elizabeth Blackwell formed the Women's Central Relief Association in New York City. Dr. Blackwell, believed to be the first woman doctor in America, formed this group to train battlefield nurses. However, hers was but one, if perhaps the most important, of many military aid societies.

When the Spanish-American War broke out just before the turn of the century, women no longer disguised themselves as men to become soldiers, but

served proudly as nurses. Their contribution through medicine, so crucial during the Civil War, was not forgotten and they had made great strides in the field of nursing since that war. By 1890, there were 30 professional nursing schools in the United States. These schools trained many graduate nurses, of whom 1,500 served with the Army as civilians in the Spanish-American War. Their skills took them to Cuba, the Philippines and troop ships during this war, as well as making them valuable military resources at home.

With the formation of these nurse corps: The Army Nurse Corps in 1901, and the Navy Nurse Corps in 1908, the military demonstrated its confidence in the professional nurse.

World War I

Throughout World War I, women's work proved to be indispensable in both civilian and military capacities. At home, some women took over men's jobs to release them for military service, while other women went overseas. World War I marked the first time that women were admitted to the Navy and Marine Corps and many women served in France with the Red Cross, Ordnance, Quartermaster and Signal Corps, along with the Army Nurse Corps.

At the urging of General John J. Pershing, 200 French-speaking American women were sent to France to work as telephone operators. In his memoirs, Pershing recalled:

"Some doubt existed as to the wisdom of this step, but it soon vanished as the increased efficiency of our telephone system became apparent. No civilian telephone service that ever came under my observation excelled the performance of ours after it was well established. The telephone girls of the A.E.F. (American Expeditionary Forces) took great pains and pride in their work and did it with satisfaction to all."

Although Pershing wanted the telephone operators enlisted in the Army, they were not allowed to do so, and served under civilian contract instead. However, the very presence of American women serving with

the Army in a war zone was of great significance, because their meritorious service paved way for the eventual formation of the Women's Army Corps.

Of all the services in World War II, the Women's Airforce Service Pilots (WASP) was the most controversial — flying a bomber or a fighter was the coveted, glamour job of the military. After the war broke out, it became clear that women pilots could be useful in non-combat flying. Under the direction of Jacqueline Cochran, a group of civilian women formed the WASP in 1943. Wearing uniforms of Santiago blue and the proud emblem of silver wings, these women flew approximately 60 million miles for the Army Air Forces before the end of World War II.

During the outbreak of the Korean War, members of the Army Nurse Corps landed in Korea ten days after the first troops arrived. Approximately 540 Army Nurse Corps officers served in Korea, and most nurses were stationed in mobile Army surgical hospitals (MASH) just 10 minutes away from the front by helicopter.

Several years after the Korean conflict, military nurses were called upon again to

serve on hospital ships and evacuation planes in Vietnam. By 1969, 3,500 military nurses had served in Vietnam, and five nurses had been killed in airplane and helicopter crashes and by enemy rocket fire.

WACs were also stationed in Vietnam — one WAC detachment was established at Long Binh in 1966 and remained there until the withdrawal of troops in 1973.

That women have joined men in war time service should not surprise us — it's not a new idea.

In the fifth century B.C., the Greek historian, Herodotus, described the Persian fleet of the Peloponnesian wars thus:

"There is no need for me to mention all the other subordinate officers, but there is one name that I cannot omit — that of Artemisia . . . She sailed in command of the men of Halicarnassus, Cos, Nisyra, and Calydna, and furnished five ships of war. They were the most famous in the fleet, after the contingent from Sidon, and not one of the confederate commanders gave Xerxes sounder advice than she did."

Women's service in the military has a long and distinguished history indeed.



photo courtesy of Presidio Army Museum

Pauline Cushman Fryer was a Union spy who posed as an actress in the South during the Civil War. She was captured and almost hanged for espionage. Later, President Abraham Lincoln commissioned her as a Major for her services to the country. Buried at the San Francisco National Cemetery here on the Presidio, her tombstone reads simply: "Pauline C. Fryer, Union Spy."



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Community involvement, the best watch

by Bob Walker

After a hard day's work you get home only to find that your home has been burglarized and your wife beaten by the intruders. In anger you organize a small group of vigilantes to go after the people who were responsible, right? Wrong!

A proven method for reducing such crimes, one which results in more arrests and convictions, is the "Neighborhood Watch" program.

The Presidio Provost Marshal's crime prevention section will soon have their watch program in complete operation. Heading up the program are 1st Lt. Robert Stacy and SFC Bernard Cannon of the MPs. Stacy is the operations-crime prevention officer and Cannon the crime prevention NCOIC.

What is the Neighborhood Watch program?

"Neighborhood Watch is a community-based crime prevention program operated by residents. It is aimed at getting people to take the simple steps necessary to discourage crime in their neighborhood. Neighborhood groups learn crime prevention techniques from local law enforcement

agency representatives. Through the program people learn how to protect their homes from crime, making the neighborhood a safer place to live. The key to a successful Neighborhood Watch program is getting to know your neighbors," Stacy said.

What is the maximum potential of the program and what makes for reduction of crimes?

According to Nancy McOmber, crime prevention specialist at the Sausalito Police Department, since the inception of the program in late 1979, at least a 50 percent decline in burglaries has occurred, due in part at least, to the Neighborhood Watch program. An increase in reporting crimes, or suspected crimes, has resulted in many perpetrators being caught in the act.

McOmber suggested that the first step is to get to know your neighbors. Learn about the people in your neighborhood — their habits, cars and pets. Lock doors and windows as most crimes are non-forceable entries — not locking the home.

The program at Presidio will provide briefings that will cover child safety, crime prevention and operation ID. Meetings will be held at least semi-annually according to Stacy.

Cannon emphasized that the program is not a matter of being a nosy neighbor.

"It's people helping each other. The best form of home security is a concerned neighbor," he said.

Stacy mentioned that a concerned neighbor calling in sometimes results in the apprehension of burglars. He brought home this point with an example of a recent incident. A concerned neighbor called the MPs about a bike theft. Quick response led to the apprehension of the thieves at the scene of the crime. The thieves later admitted to a number of previous bike thefts.

The Neighborhood Watch program is not limited in scope to theft only. Concerned neighbors should also report domestic quarrels which might otherwise result in injuries. Suspected drug use or sale, vandalism and child or spouse abuse should also be reported.

Cannon explained how fam-

ilies could get the program started in their own neighborhood:

- Neighbors must first break the ice by getting to know each other. Explain to your neighbor your concern about protecting the neighborhood and volunteer your services in the event he may be out of town one day.

- Neighbors should inform each other of how many members live in each household. They should exchange phone numbers where they work and where they live in case a neighbor needs to relate some important information or if an emergency arises.

- Neighbors should inform each other about guests who will be visiting. An introduction would be appropriate, so that neighbors will not be alarmed by strangers entering your home.

- When strangers or delivery people are observed calling on your neighbors' unoccupied quarters, inform them when they get home.

- Don't advertise your vacation plans, but call the MPs to ensure that security checks are made. Ask your neighbor to collect the mail and the newspapers.

- Inform your neighbor of scheduled repairs or deliveries when you can't be home.

- Teach children not to be afraid to call a neighbor or the MPs for help in an emergency situation when parents aren't home.

- The best source of information regarding what happens in a given neighborhood is children — children spend more time outside than adults. They should be encouraged to report to their parents or neighbors, any suspicious activities.

- Sales people who solicit on Presidio need a permit — should a sales person knock on your door, request to see his permit. Many burglars impersonate salespeople, so they can identify homes easy to burglarize at a future date.

Concerned people may call the MPs at 561-4925/5011 for more information about the Neighborhood Watch program.

Participation by concerned neighbors is needed for a successful Neighborhood Watch program.

Remember, as Cannon said, the best form of home security is a concerned neighbor.

Alcohol—slow ride to ruin

by Tim Dewar

Why me? I'm having problems at the office, the bank is after me, I can't remember what happened to me at the club last night, and I come home and start arguing with the wife. I'm glad that six pack is in the refrigerator! Sure, I drink, but I have a lot of problems!

It is estimated that one in 10 Americans who drink become alcoholics, and this fellow may be well on his way.

Blackouts, preoccupation with drinking, increased alcohol tolerance, problems at home or work and rationalizing drinking are a few of the symptoms of a blossoming alcoholic, according to Skip Przybyla of the Human Resources Development Division here.

"A person may begin to drink because they find that after a few beers or shots of whiskey, they can forget their problems and feel good for a while, he explains, "so rather than deal with their problems constructively, they may decide to increase their use of alcohol to feel good all the time and never have to deal with

stressful situations. This is when it becomes a problem."

Since an alcohol-dependent person *can* realize they are drinking too much but rationalize it to themselves, they don't feel they have a problem. This is when they need help, Przybyla states.

Depending on the degree of addiction, hospitalization may be required.

"We refer people who may suffer withdrawal symptoms to the Residential Treatment Facility for Alcoholics in El Paso, Texas, and continue, after the physical addiction is under control, to work on the psychological addiction," he adds.

Through Alcoholics Anonymous, group sessions and getting family members involved, a person can be helped to overcome their depend-

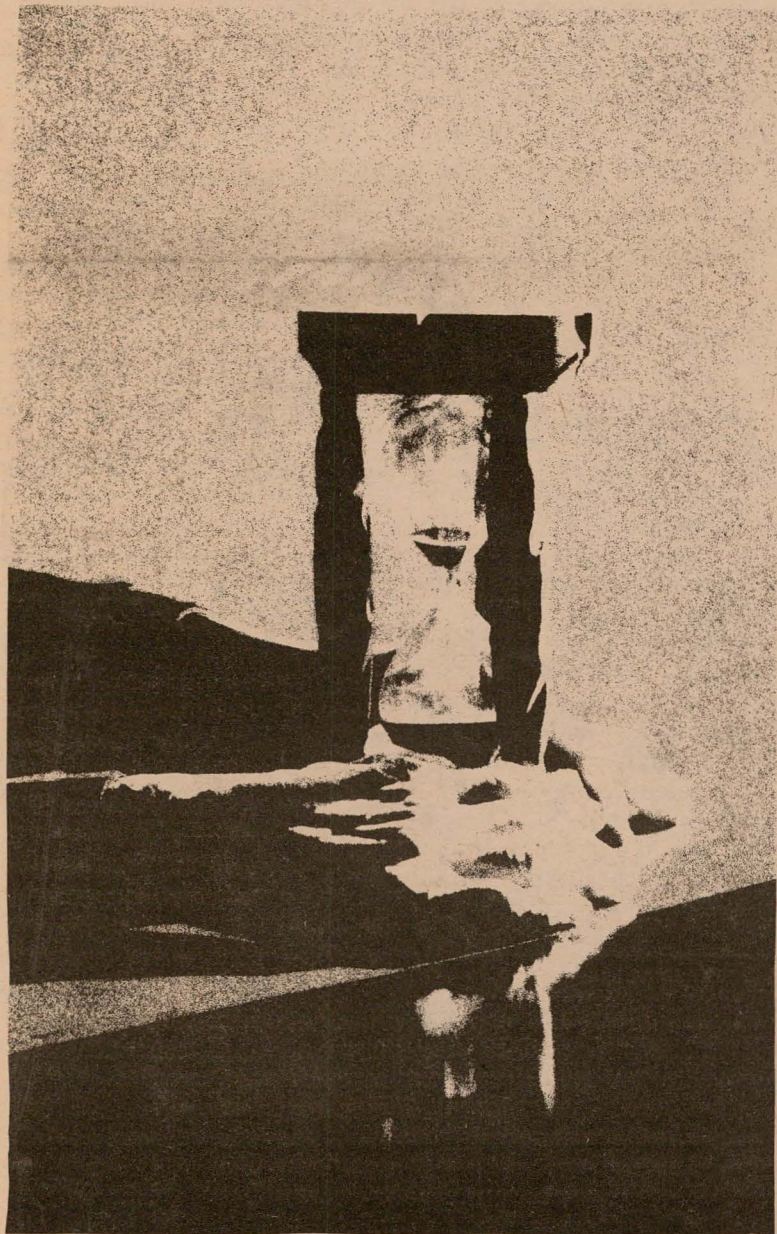
ence.

However, alcohol addiction, Przybyla continues, is chronic, and an alcohol dependent person may need help for the rest of his life. "They (alcoholics) can never use the substance again."

Representatives from the Human Resources Development Division will be on hand at the Presidio Health Faire, March 15 at Harmon Hall, with video tapes and literature and will answer any alcohol or drug-related questions you may have.

If the description of the onset of alcoholism struck a nerve... don't wait to act. See an alcohol and drug abuse counselor now, *before* your job, family, self-respect and perhaps, even your life is at stake.

Time is running out.

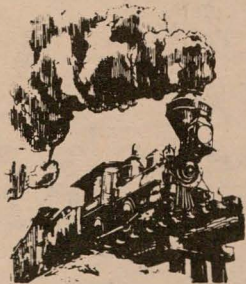


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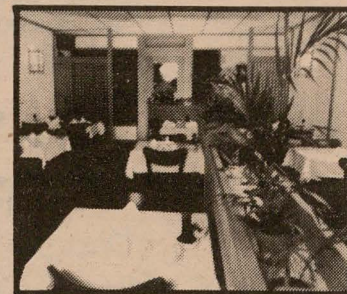


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Community Calendar



photo courtesy of Presidio Army Museum

Historic photo

Esther "Tootsie" Fresnel was a telephone operator with the Signal Corps in France during World War I. General John J. Pershing said of them, "The telephone girls... took great pains and pride in their work and did it with satisfaction to all."

Newcomers

The Presidio Newcomers' Orientation briefing will be held from 8 to 11:30 a.m. at the Post Chapel on Fisher Loop, across the street from the NCO/EM Club, on Tuesday, March 20. Soldiers assigned to the Headquarters Command Battalion (Prov) and the 504th MPs, who have not previously attended, are required to do so this month — all other newcomers are cordially invited.

The briefing's purpose is to acquaint new people with the installation and its facilities and activities. Future briefings will be held at the Post Chapel on the third Tuesday of every month.

Teen dance

Teenagers (12 - 18 years old) interested in taking Ballroom Dance are invited to reg-

ister at the first class meeting on Monday, March 12. Classes will be held every Monday at the Log Cabin from 4:15 to 5:15 p.m. for eight weeks. The registration fee is \$28.

For more information, call Youth Activities at ext. 5143.

Symphony

The San Francisco Recreation Symphony conducted by Laurie Steele will perform a free concert Sunday at 1 p.m. at the Hall of Flowers, near Ninth Avenue and Lincoln Way in Golden Gate Park.

Selections will include George Antheil's "A California Overture," Dvorak's Symphony No. 1, Opus 60 in D Major and Mendelssohn's Violin Concerto featuring soloist Mariko Smiley of the San Francisco Symphony.

The Hall of Flowers may be reached by Muni Metro "N" streetcar line and the Nos. 71, 72, and 44 Muni bus lines.

Outdoor Recreation

Outdoor Recreation's ski safety and maintenance classes are scheduled for Thurs., March 8 and 22 at 5 p.m. and Thurs., March 15 at 12 p.m. Individuals who use skiing equipment from Outdoor Recreation must attend one session prior to checking out equipment. For more information, call 561-4324.

Ski trip number 7 sponsored by Outdoor Recreation is scheduled for April 6-8. Cost is \$55 for skiers and \$50 for non-skiers. Cost includes transportation and lodging. For more information, call Outdoor Recreation at 561-4324.

Scuba diving classes are scheduled for weekends, March 10-11 from 8 to 11 a.m. for three weekends, and weekdays, March 13 at 6:30 p.m. for eight evenings. Cost is \$85 per person. For more information, call 561-4324.

Good Sam cards are now available to recreational vehicle renters, which entitle users to discounts in most RV parks. For more information, call 561-4324.

Subsistence review

The semi-annual Subsistence Review Committee meeting will convene at 10 a.m. on March 13 in the Presidio Conference room, building 220. Members are requested to forward topics for discussion to Services Branch, building 901, at least five working days prior to the meeting.

Point of contact is Mr. Wedel at ext. 2259.

Rec. center

Volksmarch

The Presidio Recreation Center will hold a Volksmarch, Saturday, March 10 from 9 a.m. to 4 p.m. Registration is \$5. For more information, contact the Recreation Center at 561-2000.

Leisure Classes

TRS-80 computer classes continue for computer bugs every Wednesday and Thursday at 7 p.m. with no charge to students.

Square dancing classes are scheduled Wednesdays at 7 p.m. at the Log Cabin; cost is \$2 per person. For more information, call 561-2000.

St. Patrick's Race

A St. Patrick's Day Snake Race at Zellerbach Plaza is scheduled Friday, March 16. Cost is \$3 per person; tour departs at 10 a.m. and returns at 3 p.m. For more information, call the Recreation Center at 561-2000.

Oakland A's vs. SF Giants

Saturday, March 24, it's the Oakland A's versus the San Francisco Giants at the Coliseum. Tour will be from 9 a.m. to 6 p.m.; cost is \$5 per person.

Ticket Information

Ninth West Coast Computer Faire is scheduled for March 22-25. Cost is \$15.

Oakland Invaders Football tickets are available for the 1984 season; cost is \$4 per person.

Great America tickets for the 1984 season are on sale. Cost is \$10 per person. For more information, call the Recreation ITT desk at 561-2000.

The Recreation Center hours of operation are: Wednesdays, Thursdays, Sundays and holidays, 2 - 9 p.m.; Fridays and Saturdays, 2 - 10 p.m.; and Tuesdays, 2 - 6 p.m.

Books are on sale at the ITT desk in the Recreation Center. Anyone interested in purchasing travel and visitors' booklets, stop by the Recreation Center, building 1331.

Craft classes

The following Crafts classes are now available:

- Pottery Class — March 7-April 4, Wednesday evenings from 6:30 to 9:30 p.m., six weeks duration. For the beginning or intermediate student. Techniques of wheel throwing, form, design and glazing will be taught; fee is \$10.

- Intermediate Ceramics — March 6-April 10, Tuesdays from 9:30 a.m. to 12:30 p.m. and March 8-April 12 on Thursdays from 6:30 to 9:30 p.m. These are two separate classes, each six weeks long. For students with basic slip casting experience and a basic understanding of ceramic colorants; fee is \$10.

- Stained Glass — March 7-April 4, Wednesdays from 6:30 to 9:30 p.m., course is six weeks long and fee is \$22. Fee includes all supplies except glass cutter and eye protection which are required and available at our sales counter. Class is geared to the beginning student.

For more information,

stop by the Crafts Shop, building 122 or call 561-4497.

Menu meeting

The monthly Presidio Menu Board meeting will convene at 10 a.m. on March 15 in the Dining Facility in building 1801, at 15th and Lake Streets. The menu for April will be discussed. Food Service officers and NCOs, representatives from the Veterinary Activity office and representatives from the Installation Health and Environment Activity are required to attend. All other interested personnel are invited.

Point of contact is Mr. Harris at ext. 2259.

Parent-youth news

The Parent-Youth Club will be having regularly scheduled dances at the Log Cabin every month. The dances are great fun and are open to all youths on the Presidio. The charge at the door is \$2. Dances will be held on the following dates: Friday, March 30; Saturday, April 28; Friday, May 25; Friday, June 29. Dances will be held at the Log Cabin from 8:30 to midnight.

The PYC will be participating in the Volksmarch on March 10, and will be selling commemorative T-shirts. The Volksmarch is great fun and a great outing for families and youngsters.

The PYC is also participating in the Post Recycling program on the Presidio. Come join in the fun on the first Saturday of every month, at the Recycling Center located next to building 661, at 9 a.m.

Come by the Clubhouse and enjoy games, TV, stereo, pool, ping-pong, video games, etc.; it is a great place to get together with friends. The Clubhouse is at building 908. For more information, call the Clubhouse at 561-5890 on Fridays and Saturdays, or Karen Kaho at 239-5889.

Parenting class

Beginning Tuesday, March 13, from 6:30 to 9 p.m. and continuing for nine consecutive Tuesday evenings, the Family Life Chaplain will be conducting Systematic Training For Effective Parenting (STEP) at Presidio's Religious Activities Center (Building 682). Enrollment will be limited, so interested parents should call for more information as soon as possible if they want to be included in this study group. Call Chaplain Bradley at 561-4719/4239.

At the movies

Presidio Theatre

March 8	Of Unknown Origin(R)
March 9	Of Unknown Origin(R)
March 10	Fire and Ice(PG)
March 10	Fire and Ice(PG)
March 11	Uncommon Valor(R)
March 12	Uncommon Valor(R)
March 13	Uncommon Valor(R)
March 14	Deal of the Century(PG)

Schwartz Theatre

March 8	A Night in Heaven(R)	7 p.m.
March 12	Of Unknown Origin(R)	7 p.m.
March 14	Uncommon Valor(R)	7 p.m.

Presidian Review: In *Uncommon Valor*, a father works quickly with the aid of a commando unit to free his son from a Laotian POW camp.

Sports



Intramural basketball ends

The intramural regular season play has concluded, with the top eight teams engaging in a double elimination tournament. Play-off dates are March 12-20 at Post Gym No. 1, Bldg 63, and Post Gym No. 2, Bldg 1152. Games start at 6 and 7 p.m.

The championship game is

set for March 20 at 6 p.m. at Post Gym No. 1.

Leading contenders are the two DLI teams, Co H and Co G, Veterans Administration and DEH.

If past play-offs are a sign, there will be upsets and thrills in this championship series.

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Youth baseball sign-ups set

Youth Activities Baseball sign-ups will be on March 17 and April 7 from 9 to 11:30 a.m. at the Main Post Gym. Registration fee will be \$10 and a birth certificate is needed for verification of age. Try-outs will be held on April 7 at Pop Hicks Field for the following age groups and times: Minor League

Minor League, ages 7-10, 1-2:30 p.m.

Major League, ages 11-12, 2:30-4 p.m.

Junior League, ages 13-14, 4-5 p.m.

The Youth Activities Baseball program is in need of coaches and umpires for the upcoming season. If you are interested or have any questions about the baseball season, please contact the Youth Activities office at 561-5143.

6th Irish sprint team competition

The 6th Annual San Francisco Irish Sprint team competition will be held on Saint Patrick's Day, March 17, at 9:50 a.m. at Lake Merced in San Francisco.

This team competition is a fun event where ten members run together as a team over a five-mile course. They must start and finish together and *all* members must cross the finish line before the team is declared finished.

The Presidio has entered a post team the past two years. Individuals interested in running on this team should be active duty military assigned to the Presidio and be able to run seven minutes a mile for five miles.

Presidio team shirts will be provided. For more information, contact Bob Darling at Post Gym No. 1, Bldg 63, ext. 4120/5032.

Girls softball

Youth Activities Girls' Softball sign-ups will be on March 17 and April 7 for girls ages 12, 13 and 14. They will be conducted at the Main Post Gym from 9 to 11:30 a.m. Registration fee is \$3; teams will be formed depending upon the number of sign-ups.

For further information, call the Youth Activities office at 561-5143.

Volleyball clinic

An intramural volleyball clinic for coaches, managers, players and officials will be conducted at 1 p.m., Tuesday, March 13 at building 63, Post Gym No. 1. Units desiring to enter a team in the intramural league **must** have a representative at this meeting.

Intramural basketball league standings

Team	Won	Lost
DLI, Co H	10	1
DLI, Co G	11	3
Vet. Admin	10	3
DEH	10	4
USACC	8	4
Doctors	8	6
USAG	8	6
LAMC No. 1	8	6
504th MP Bn	6	6
LAMC No. 2	6	7
6th Army	6	7
864th Engrs	5	7
170th MP	3	10
LAIR	3	11
MILPERCEN	1	11
LEC	1	13

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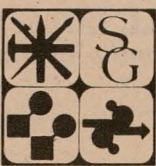
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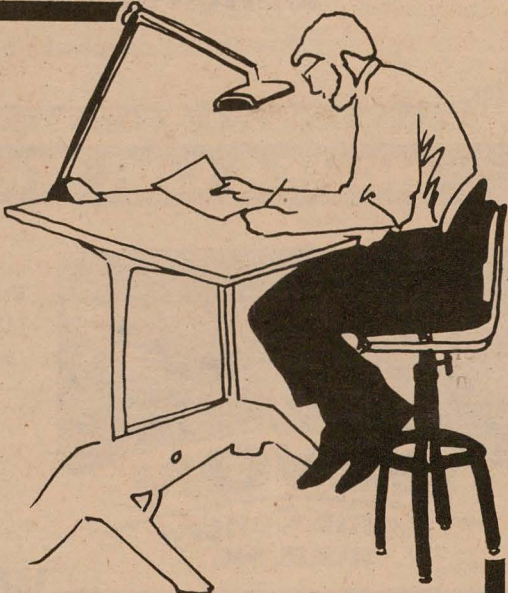
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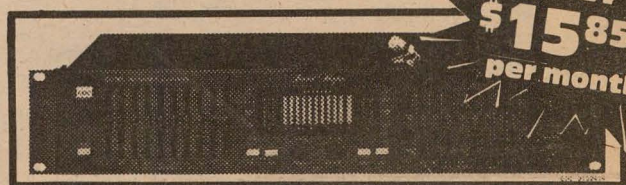


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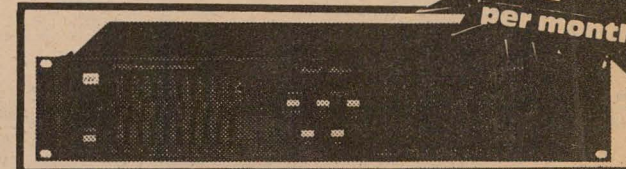
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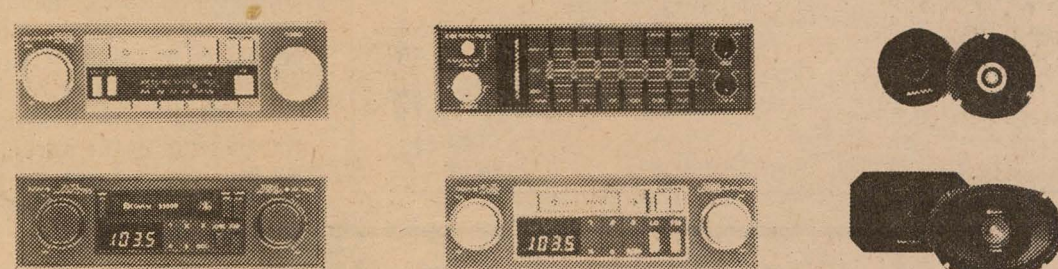
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Star Presidian

Vol. 27, No. 10

"Published in the interest of the personnel of the Presidio of San Francisco."

March 15, 1984

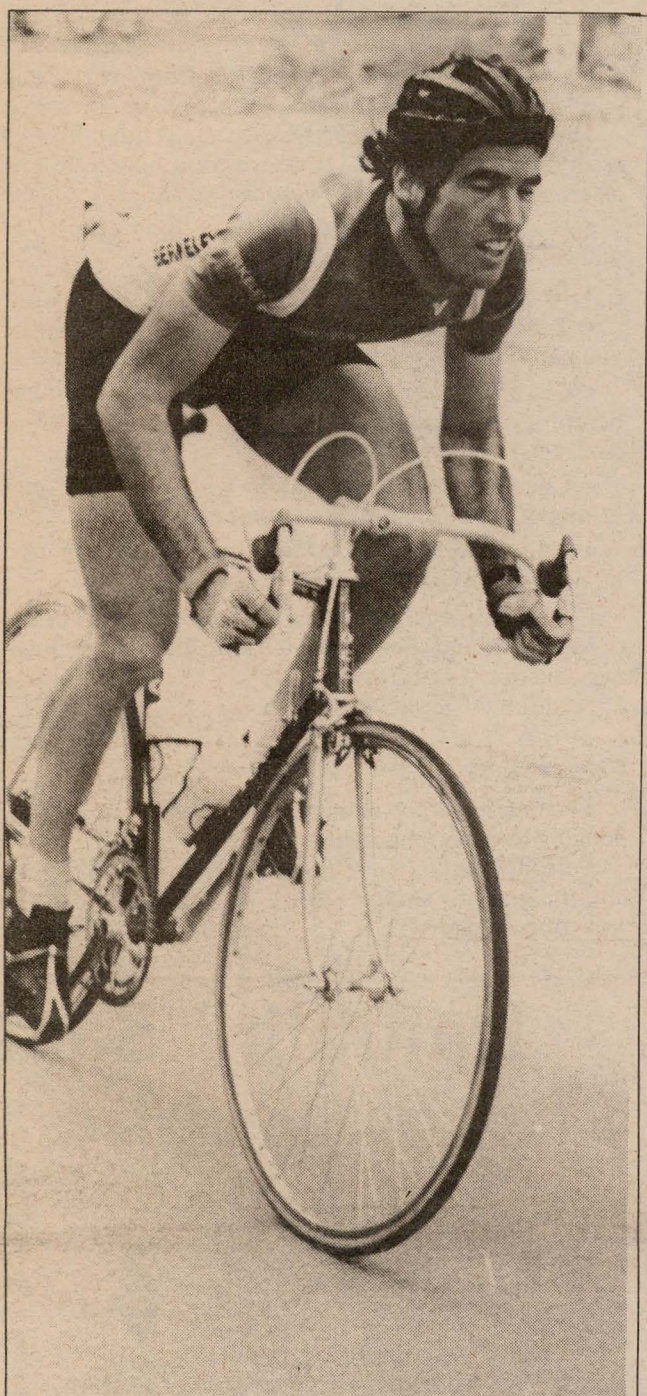
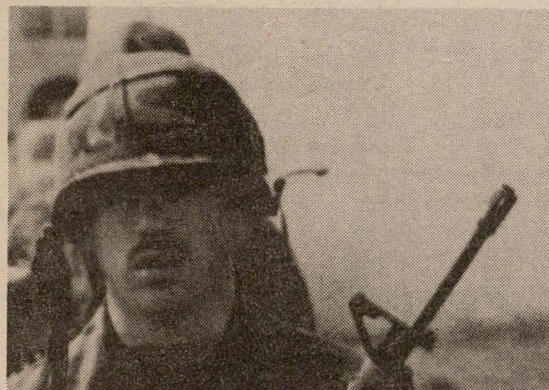


photo by Richard Wetzel

A cyclist bears down as he races for the finish at the Criterium Bicycle Race at Fort Baker on March 10.



Rifle Championship held

See Page 6

Same day delivery

Birth center christened

by Liz Greeley

The stage is set. The principal characters, fully costumed and masked, assemble. Shiny metal gadgets gleam under dual high-powered lights.

On cue, the main character is wheeled into the room and the drama begins.

But this is no daytime soap opera — this is a real life drama . . . the drama of childbirth. The costumed principals are health care professionals and the main character is the prospective mother.

Yet, let us imagine a *different* scenario . . .

In this scenario, there are no high-powered lights, nor metal gadgetry.

On the contrary, our prospective mother is now in a bed in a private room and her husband is standing by. The room is wallpapered and curtained and lamps throw muted light into the furnished room. Here, too, the human drama of childbirth is about to be enacted.

As sharp as the contrast is, these two rooms exist a mere 15 feet apart in Letterman Army Medical Center's (LAMC) obstetrics ward. The first room described is LAMC's delivery room — about 50 babies a month are born in this room. But the second room is the "birthing room," part of the alternative birth concept, which saw its first 'participant' here on Tuesday at 12:25 a.m., when a baby boy was born to Penny and Cpt. Richard Morales, an intern at LAMC.

How does delivering in the birthing room differ from the delivery room? Here are the essential differences:

- Delivery room — a somewhat harsh environment . . . bright lights, metallic and utilitarian furnishings.
- Birthing room — muted lights, wallpaper, curtains and furnishings lend a relaxed and tranquil atmosphere to the room.
- Delivery room — can handle all types of deliveries, both uncomplicated, stable births and difficult deliveries.
- Birthing room — mothers are pre-screened for those who are most likely to have easy, uncomplicated deliveries.
- Delivery room — the mother may be connected to a fetal monitor and probably to an IV as well. Anesthetics will probably be administered.
- Birthing room — mother will be attached to a fetal monitor only during the first 30 minutes of an uncomplicated labor. She may or may not have an IV and will not be otherwise restrained. Medicines and anesthetics are kept to a bare minimum.
- Delivery room — mother may or may not have taken childbirth preparation classes.
- Birthing room — mother is strongly encouraged to take childbirth preparation (i.e. Lamaze method, which is taught at LAMC and known generally as 'natural' childbirth).
- Delivery room — baby goes to the nursery soon after birth.
- Birthing room — baby remains with the mother constantly except for a brief period of evaluation.
- Delivery room — mother and baby usually go home in three days.
- Birthing room — mother has the option of going

home within 24 hours after giving birth.

"What it does is it gives the mother a sense of delivering in a quiet, relaxed environment — almost a home-like environment — yet within the safety of a hospital. So the woman knows that she is being monitored discreetly and that if anything at all were to happen, we could instantly produce all our equipment," said Cpt. Christine Hoover, head nurse for in-patient obstetrics.

Hoover added that some women just resent being attached to a machine and having relatively no control over the birth experience.

Dr. Patrick Duff, chief of the obstetrical service, said that through the alternative birth concept offered, the staff at Letterman are "re-humanizing the birth experience" for their patients.

Both Dr. Duff and Hoover have had a lot to do with the re-humanizing effort at LAMC.

About a year ago, Dr. John Elliott (then chief of obstetrics) and Hoover came up with the idea to add a birthing room to the obstetrics ward. When Dr. Elliott left the hospital a couple of months later, Dr. Duff then stepped in as chief of obstetrics and, together with Hoover, made the alternative birth concept a reality for Letterman.

According to Hoover, although alternative birth isn't a new idea (the first alternative birth center in the U.S. opened in 1969), it has been a concept that has been slow to catch on in military hospitals.

In this regard, Letterman might be regarded as something of a trendsetter, if not a pioneer.

In bringing this service to the military community, Hoover indicated, the best candidate is a mother-to-be without significant medical problems or history and one who has an uncomplicated pregnancy.

"What we like to do is interview them individually, screen their charts and talk with them as far as what their perceptions of the birth experience are — what they'd like to get out of the experience," she said.

But even with pre-screening and a stated preference for alternative birthing on the mother's part, Hoover said that safety is always their overriding concern.

"The woman has to enter the birthing room with the understanding that the bottom line is a safe experience for her and her baby's health," she stated.

She went on to add that any condition that made continuous fetal monitoring necessary, such as an abnormally progressing labor or abnormal fetal heart rate, would result in the woman being moved to the conventional labor room or the delivery room.

Still, the average woman doesn't necessarily need *all* that medical technology has to offer in order to give birth to a healthy baby, although it's always available — and that's the woman for whom alternative birthing is designed.

Those mothers-to-be who *are* interested in alternative birthing should contact the obstetrics ward at Letterman to arrange a screening interview.

As Shakespeare said, "All the world's a stage, and all the men and women in it, merely players."

And if that is so, Letterman's birthing room offers a friendlier stage than most upon which to enact that first and most profound of human dramas . . . birth.

Rape seminars slated

Soldiers, civilians and family members are invited to attend a rape prevention seminar at the Main Post Theater. Two informative seminars will be given on Wednesday, March 21, at 7:30 a.m. and at noon, on a walk-in basis. Guest speakers will be Lt. Col. Wayne St. Pierre of LAMC Social Services and Officer Mary Petrie of the San Francisco Police Department. Additionally, a nationally known personality — famous for his crime prevention activities — will attend. Commanders, civilian supervisors, husbands, sons and daughters are encouraged to solicit the attendance of the people they care about.

Bookkeeper position open

The Presidio Thrift Shop is looking for a bookkeeper. The position will be open effective May 1. Any qualified person should bring a resume and qualification listing when being interviewed. Contact Mrs. Bartlett at 750-9043 for further details.

6th Army Band concert

The Sixth Army Band will present a brown bag lunchtime performance on Tuesday, March 20, at 11:45 a.m. at the Presidio Playhouse. Bring a lunch and enjoy this fine musical group during your lunch hour.

Girl Scouts

See page 4

YA Cheerleaders in full swing

See page 5

Obesity

See page 5



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Opinions

TAKE A BITE OUT OF CRIME



Know Your Con Man

If someone wanted to take your money, how could he get it? The common crook might try a hold-up. But what about the less common crook...the con artist. . .the dishonest businessman . . . the cheat. They're after your money, too. But they don't use a gun — they use fraud.

Fraud includes many different activities. A con game is fraud — a crook tricks a victim into handing over some money, and then takes off with the cash. Shady or dishonest business practices are fraud — they convince consumers to pay more money than a product or service is worth. Phony investment deals or fake business opportunities are frauds — they take advantage of a person's desire to make money, or receive something for free. Another type of fraud is

like the example below — that of larceny through deception. The situation is factual, but the names and phone numbers are fictional.

One night near the end of January, about 8 p.m., SSgt. Post Resident received a telephone call at his quarters from a person who identified himself as Mr. Con Artist. Artist stated that the resident was the winner of a sweepstakes and that prizes included a color TV, \$2,500 cash or a trip to Hawaii, which could be turned in for \$5,000 cash. Artist then stated he needed verification of Resident being a winner and asked if he had a VISA or Mastercharge Card. When Resident replied he had a VISA Card, Artist asked for the expiration date of the card. Artist then resumed talking about the prizes Resident could have won and during the conversation he stated he needed the "long number" on the bottom of the card. The "long number," being the account number of the card, was asked for in a casual manner during other conversation . . . probably in an attempt not to alert Resident to the fact he would be giving out his account number. When Resident refused to give the account number, Artist was sympathetic and stated most people were afraid to give out the number, but that was needed to verify Resident was a winner. Resident refused to give the account number, but was able to get a telephone number to call Artist at his home — phone #1.

During the course of an investigation, it was discovered that another person living in post quarters had received an almost identical call during the same time period. Coordination was made with the local police department intelligence and fraud divisions, but neither had reports of any similar incidents. Coordination with the Better Business Bureau revealed two identical incidents reported in late January. One party reporting

the incident gave phone #2 as a number to contact Artist. Both parties report Artist stating he represented Trans World Inc. of Los Angeles, Calif. Attempts to reach Artist at phone #1 met with no answer, and phone #2 revealed the phone to be disconnected. A check with Information revealed no Con Artist listed with either phone number.

This example shows the need to understand how to react to suspected fraud. Here are good rules to follow *all the time* whether or not you suspect fraud:

- Do not believe something for nothing offers . . . you get what you pay for.
- Be suspicious of high-pressure sales efforts.
- Take your time — think about the deal before you part with your money or credit card number.
- *Get all agreements in writing.* Read all contracts before signing, and have a lawyer examine all major contracts.
- Check the firm's reputation with your consumer affairs office or local Better Business Bureau.
- And *whatever you do*, don't give your credit card numbers to anybody over the phone or by mail.

If you suspect fraud, contact your local police department, and then report it to the local Better Business Bureau. For further assistance, contact the Crime Prevention Office at 4925/5011.

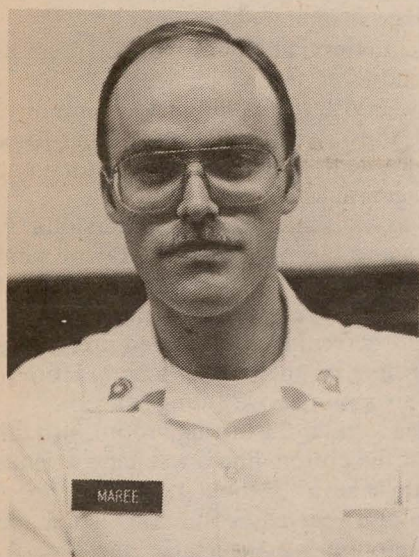
Crime Report

Person(s) unknown damaged two mail boxes, belonging to government quarters.

Person(s) unknown removed a window frame, causing the glass to shatter. Entry was not gained to the government quarters.

"Is Presidio a good duty station?"

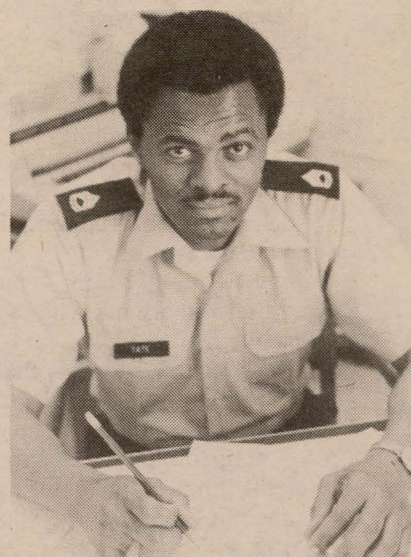
Ramblin' Sam



Sp5 Donald Maree, NCOIC allergy and immunization clinic, LAMC, "Yes, I've had many duty stations in various parts of the world and this is the cream of the crop."



SSgt. Stanley Rux, admin NCO, 6th Army, "Yes. It's a good area because of the location near San Francisco. Working conditions at 6th Army are excellent and it sure beats Germany."



SFC John R. Tate, admin NCO unit training, DCST, 6th Army, "Yes, Presidio is a nice post. It is small; we have everything here to get out and see, with the sights and all."



Maj. Marcia Patrick, infection control nurse, LAMC, "I think it's wonderful. It's the best place I've ever been — it's superb, even though people put in long hours, they seem to enjoy it."

Teamwork, understanding will get the job done

Commentary by Pat Barham

Just how difficult is your job? If you were sick tomorrow, would there be someone there to fill your shoes? As a supervisor, do you take your subordinates for granted? How about you folks who complain that the "Boss" doesn't know what you do and you always get the &#@&-&S-jobs that no one else wants, because you are low man on the stick?

Well, I have a solution for the problem that should prove to both sides that no matter which side of the line you are on, any job can be difficult. Why don't we have a day when everyone switches places? For example, the company commander could change places with the company clerk and the first sergeant could change places with someone else in the overhead section . . . I think you get the idea.

Some might say that this plan would cause a great deal of trouble, but if something major happened, everyone could switch back until the crisis was over. Just think of it . . . being commander or section leader for a day! When you *really* think about it, the job might not look so attractive.

The other side of the house, too, might have their eyes opened as to the amount of work and time needed to com-

plete those seemingly easy tasks which are given to subordinates.

If no one takes my suggestion seriously and actually does the dirty deed, they might at least think about it the next time an action, duty, command or order is given. Actually the name of the game is teamwork.

You might not see the reason for the commander's orders. Or, as a commander, you might not understand why

your troops get upset when you make a decision. But if the tables were turned, a little more thought might be taken the next time anyone makes a decision.

• • •

Supervisors — look out for your personnel; subordinates remember, your boss may hate giving you a job to do *just* as bad as you hate doing it.

Through the combined efforts of all, the job will get done and everyone will benefit.

The *Star Presidian* is published weekly by Specialty Graphics as a civilian enterprise in the interest of the military and civilian personnel at the Presidio of San Francisco, California.

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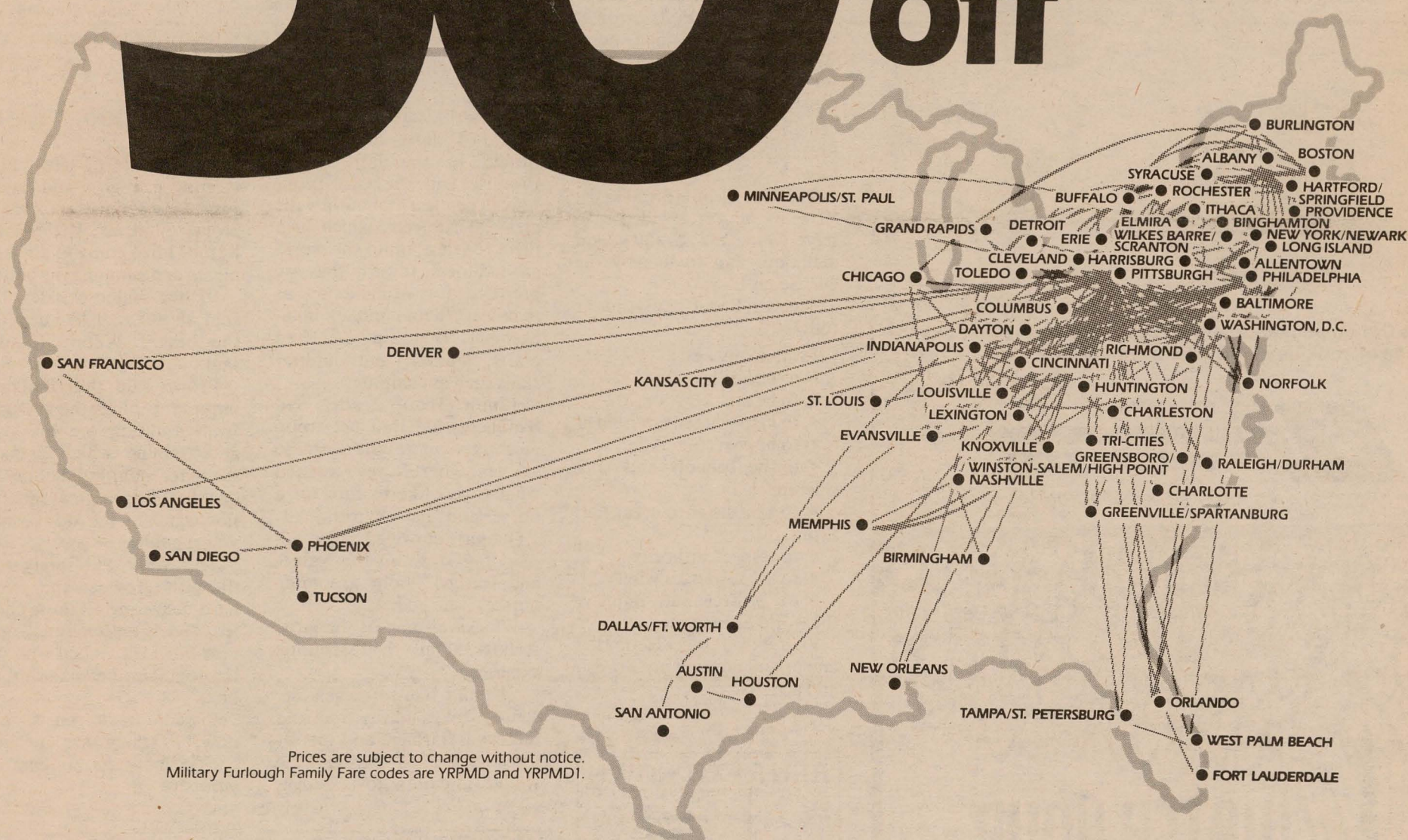
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Girl Scout Week celebrated with cookies



photo by Bob Walker

Liza Cohen pauses to enjoy a cookie break. She sold 452 boxes of cookies in this year's annual sale.

by Bob Walker

It looked as though a cookie monster was moving into the Girl Scout House here Monday, as nearly 2,500 cartons of cookies were unloaded from a large moving van. Of the 2,500 cartons, 750 cartons were sold by the Presidio Girl Scouts during their recent cookie drive.

It was a staggering sight to see, nearly 30,000 boxes of cookies — which figures out to about three-quarters of a million cookies. Of this, about one quarter of a million cookies were sold at Presidio and its local sub-posts.

Packing cookie orders for other girl scout units and for their own is the way the Presidio girl scouts will recognize Girl Scout Week which began Sunday and continues through Saturday.

Girl Scout Week is held nationally to recognize the founding of the Girl Scouts of America on March 12, 1912 by Juliette Gordon Low in Savannah, Georgia. Low set up the national headquarters in Washington, D.C. in 1913.

According to Patty Brown, service unit chairman here, "The purpose of Girl Scout Week is to get us to remember why the program was founded, its goals, the Girl Scout Promise and the Girl Scout Law."

The Girl Scout Promise is: "On my honor, I will try: to serve God, my country and mankind, and to live by the Girl Scout Law."

The Girl Scout Law reads as follows:

- I will do my best:
 - to be honest
 - to be fair
 - to help where I am needed
 - to be cheerful
 - to be friendly and considerate
 - to be a sister to every Girl Scout
 - to respect authority
 - to use resources wisely
 - to protect and improve the world around me
 - to show respect for myself and others through my words and actions



photo by Bob Walker

This mountain of Girl Scout cookies arrived on post Monday.

The girls learn much more than just those things mentioned in the Girl Scout Promise and the Girl Scout Law. They learn about a wide array of subjects, which help them to learn about the world around them. In turn, they are prepared for womanhood as they learn about money management, first aid, arts and crafts, animals and outdoor skills such as camping.

Junior Troop leader Syd Sandberg said that her troop recently went to the Presidio stables where they learned what it was like to care for a horse and its environment. "The girls shoveled horse apples, put straw in the stables and learned about grooming horses," she added.

What are some of the girls' feelings about their scouting experience?

"I don't like to recycle because it takes up my time and there was garbage and lots of insects. I liked earning the wildlife and horse lover badges

the most," Kelly Sandberg said.

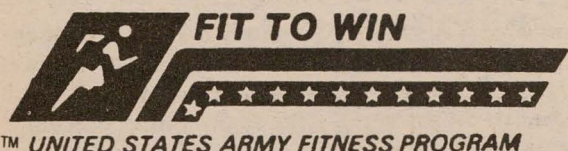
Michelle Martig said, "I like meeting new girls and having fun. This is my first year in scouts — so far, I've enjoyed it, too. I like going to different places and camping the best."

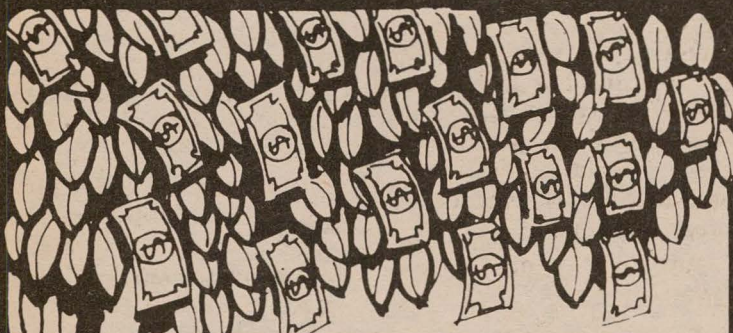
"I like selling cookies. I've sold 48 boxes. I like camping the best," Wendy Kendall said.

Brown said that the most important things the girls gain from scouting are the skills and training which prepares them for adulthood. She added that she gets great satisfaction watching the kids become young adults.

This week will surely help the girls grow as they work hard delivering all those cookies. This is especially so for 9-year-old Liza Cohen who was the top sales person with 452 boxes.

Presidio may rest at ease now, as there are no little cookie monsters stalking the streets.





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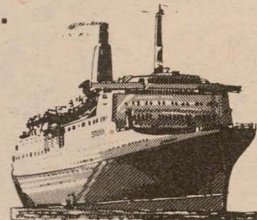
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Home and Office Calls

Overweight:

Soldiers throughout Army beware fat is definitely 'not where it's at'

by Pat Barham

Extremely fat; corpulent, overweight, is how Webster's Dictionary defines **Obese**. Sloppy, bar to reenlistment; unemployed is the Army's definition.

Obesity, to a soldier, is a self-inflicted wound. It could be considered similar to shooting one's foot by literally opening your mouth.

Being overweight is a problem which is one of the leading causes of several medical disorders which can lead to a breakdown in the neurological system. Strokes, heart attacks, hypertension and other diseases may be caused from this needless form of suicide.

Most military installations have catchy slogans which remind soldiers of the weight standards, "Fat isn't where it is at" and others daily spell out the need for soldiers to shape-up or ship-out.

But how important is it to keep off that added fat? How does remedial PT, or a low EER, not being promoted, not to mention being constantly harassed sound . . . and the picture doesn't get brighter.

Army Regulation 600-9 states, in part, ". . . officers and enlisted alike must be physically fit, regardless of age or duty assignment. Enlisted personnel will not be permitted to reenlist if they do not meet Army physical and weight requirements . . ."

In today's Army, physically fit does not mean physically fat.

According to 1Lt. Caroline Dovalgo, clinical dietitian for LAMC, "Your body requires a certain amount of calories to maintain its weight. Obesity occurs when you take in more calories than your body uses. The body then takes the food and changes it into fat, or stored energy, in the body's fat cells."

It doesn't matter what source of food is being eaten, the amount of calories is the main factor. "There are six major food groups, bread, cereal; meat; milk; fruit; vegetables; and fats," said Dovalgo. "Whether you eat salad three meals a day if you eat too much of it and the calorie intake is high, you could still gain weight."

Losing weight is something that doesn't happen overnight. It may have taken several months or years to put on those added pounds and trying to lose them overnight can't be done.

Dovalgo said, "There are 3,500 calories in a pound of fat. So if you are overweight by 10 pounds then you have to get rid of 35,000 calories to lose the weight. It is recommended that the average person lose no more than two to three pounds a week, so to lose 10 pounds it should take about 5 to 6 weeks."

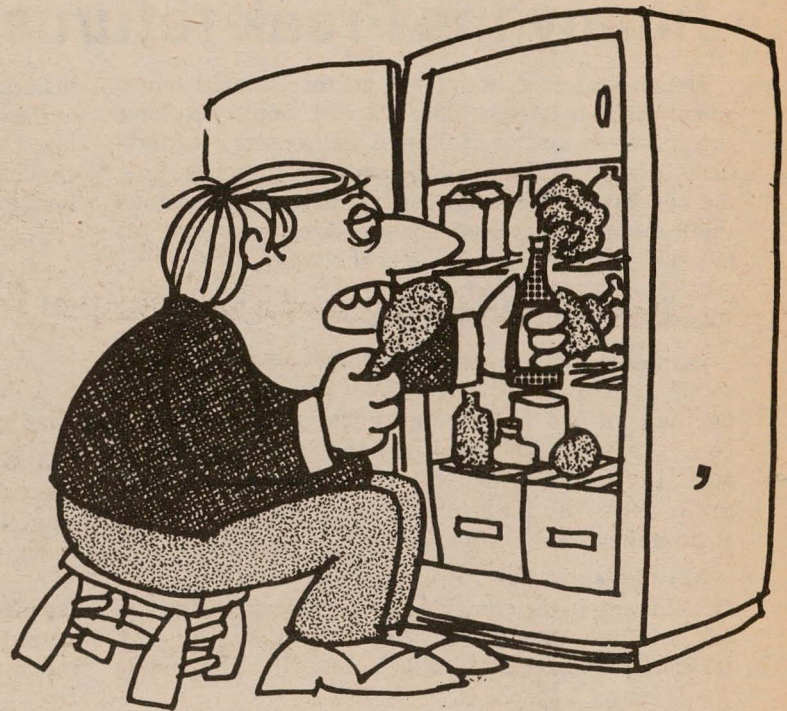
Dieting is nothing more than taking in less calories than the

body needs. If your body needs 2,653 a day to maintain a certain level of weight you might have to decrease that to 1,500 calories a day. "When a person is placed on the Army's overweight program, the service member is referred to the hospital for consultation. The doctor may see a need for the patient to see a dietitian and that's when I get involved," said Dovalgo.

A person has to be realistic when losing weight. "When a person goes on a weight program it is understood that certain eating habits can cause a person to gain weight. If you sit in front of the TV after supper and never exercise you probably will gain weight. We try to take this into consideration and plan accordingly so that someone will become more active and burn up those added calories," Dovalgo said.

"Yo-yo diets don't last and that weight that is lost comes back and then the person diets and loses the weight and later the weight comes back again. This type of fad dieting is bad for the body and should be avoided."

Often a person will lose a great deal of weight early in a dieting period. Most of this weight loss is water and as the body becomes accustomed to the fewer calories the process of losing weight gradually slows down. This means that



the body loses weight more slowly as you eat less calories.

Some people don't understand that besides losing fat tissue, extended diets or crash diets may burn up muscle tissue — that's why too often people diet for long periods of time and become weak and their health fails.

Very few healthy people gain weight because of medical problems. For the most part individuals who gain weight do so because they are eating the wrong foods and their calorie intake is too high. This

accompanied with a lack of exercise or a way of burning up calories put on the weight.

Losing weight is not magical or something that doesn't take some effort on the individual's part. No one is going to pass by you and "puff" the pounds float away.

Soldiers who are obese, beware! They're going to get you where it hurts. If the Army is for you; those added pounds aren't. With sensible amounts of exercise and watching how many calories are eaten, weight loss can be done and done properly.

YA Cheerleading; it's just good fun



photo by Bob Walker

Presidio cheerleaders demonstrate some of their moves.

by Bob Walker

Go! Fight! Win!

Cheers such as this will soon be silenced as the Youth Activities (YA) basketball season comes to a close.

There is good news though! The first season for YA cheerleading was received with enthusiasm and provided a great opportunity for girls 8 to 13 years of age to participate in an activity strictly for girls.

According to Bartley Porter, YA director, "The idea for cheerleading was provided by Mary Metheany, YA's new sports director. The idea was implemented, then YA provided T-shirts and pompoms to the girls who registered for the spots."

Capt. Julia Adams, staff operating room nurse at LAMC, also approached YA with a cheerleading program for girls. Adams saw a need for cheerleading since military families frequently move making it hard for girls to get

into a cheerleading squad in schools.

There were three YA teams with a cheerleading squad. Adams and Metheany worked together with each squad. Adams was a majorette in school and said, "It's a lot of fun." Adams' job as "team mother" was made easier by the fact that the girls (ironically) knew many cheers. She worked with the girls, helping them coordinate their moves and helped them practice and prepare for games.

What do the girls think of cheerleading?

Tiffany Williams, age 9, said, "It's just fun. I like doing it and I came up with some of the cheers." Williams hopes to be a cheerleader wherever she goes. "I like basketball and I made new friends doing it," she said.

Holly Davis, age 8, said, "I wanted something to do. My mother signed me up for it. I learned many cheers and I wanted to do it because my

friend Tiffany Williams was doing it."

Holly's sister, Heather, age 9, said, "Because Tiffany was in it and I thought it would be fun to do. I like cheering."

Metheany said, "It's lots of fun and excitement. It was really cute and fun to see. It brings a lot of excitement to the games, like basketball should be. We got a lot out of it — our goal was met."

Next year the girls hope to have nicer uniforms, more cheers and maybe refreshments for the players. It looks more promising for the next cheerleading season. However, more adults will be needed as the program gains momentum because Adams will be departing the Presidio before next season's play begins.

Contact YA at 561-5143 if you would like to become a volunteer team mother.

At the movies

Presidio Theatre

March 15	The Man Who Loved Women (R)	7 p.m.
March 16	The Man Who Loved Women (R)	7 p.m.
March 17	Space Raiders (PG)	2 p.m.
March 17	Space Raiders (PG)	7 p.m.
March 18	The Lonely Guy (R)	7 p.m.
March 19	The Lonely Guy (R)	7 p.m.
March 20	Flashdance (R)	7 p.m.
March 21	Hot Dog — The Movie (R)	7 p.m.

Schwartz Theatre

March 15	Uncommon Valor (R)	7 p.m.
March 19	The Man Who Loved Women (R)	7 p.m.
March 21	The Lonely Guy (R)	7 p.m.

Presidian Review: In *Space Raiders* a ten-year-old boy is caught in a dispute in this space adventure, involving the rebel Colonel Hawkins and the Company, a powerful intergalactic force.

Jimmy the Freak returns; makes baseball picks for 1984 season

Hellooooo, everybody! My doctors wanted me to spend the winter someplace where I would get some sun and warm air. So I followed the Democratic candidates around and listened to campaign speeches. Boy, did I get my share of warm air! Anyway, my therapists think I am getting much better. After you read my baseball predictions, *you* can be the judge.

American League Eastern Division

Baltimore — I was correct in picking them last year, so why change now? The Orioles have a very strong pitching staff, a very strong bench, good power and good coaching. You can't say that about any other team. Look for Wayne Gross to be a very big addition to the club. The Birds should be in the World Series again if they avoid injuries to their infield.

Milwaukee — The Brewers will challenge the Orioles *only* if their pitching staff rebounds from last year's injuries — especially to Vukovich and Fingers. It's hard to believe that Robin Yount will be beginning

his second decade of major league baseball shortly, and still be under the age of 30! Whatever he's drinking, I'd sure like a case of it! Cecil Cooper will again challenge for MVP honors, and again make the Red Sox sick they ever traded him for next to nothing.

Detroit — Best third-place team in baseball. The Tigers would win in any other division except for the one that they're in. I don't believe Darrel Evans will do as well for the Tigers as he did for the Giants. Remember, he was batting for a new contract, *not* for good old San Francisco last year. Did Sparky Anderson really have white hair at age eight?

Toronto — The best fourth place team in baseball. They would be one of the favorites in any other division. They are blessed with young talent at most positions, especially pitching. They are blessed in playing in one of the world's best cities. They are blessed with having one of baseball's ablest managers. They are cursed by being in baseball's #1 division. They will make it to the World Series one year very shortly. I

look for an all-Canadian series sometime this decade.

Boston — It's beginning to sound like a broken record — good power, lots of runs, and atrocious pitching. But you have to like their front office's response — trade your best pitcher for another hitter. It's thinking like this that made the Pet Rock such a success!

Cleveland — The Indians really do not have a bad team. They have some good, young talent (especially after taking the scalp off of Ted Turner in the Len Barker debacle). However, the Tribe just doesn't measure to the rest of the division.

New York — Just wishful thinking, I guess. The Yanks will have a bad case of the shorts in the pitching department . . . but plenty of ammunition in the bitching department. The rumor is that George Steinbrenner is trying to buy the new New York Knicks and the New York Rangers. Let's hope they finish last, too, if Big George *does* become their owner, okay?

Interservice basketball

A last half rally by the Air Force team contributed to the Army team's defeat in the Interservice Basketball Championship at McClellan AFB last week.

The Army team held a five-point lead with only 1:25 left on the clock. A series of turnovers, fouls and missed shots all played a part in the exciting finish.

The Air Force prevailed by a score of 69-64.

In earlier action, the Army team had a comeback through the loser's bracket earning the right to play the Air Force. The avenging Army team won a squeaker 87-80 forcing a tie-breaking game in the double elimination tournament. Interservice Basketball Championship results are as follows:

Game 1, Army 129—Marines 88

Game 2, Army 79—Air Force 97

Game 3, Army 98—Navy 90

Game 4, Army 83—Air Force 80

Game 5, Army 64—Air Force 69

170th MPs win rifle contest

by Bob Walker

The fourth annual FORSCOM Company level Rifle Marksmanship Competition was held March 9 at Camp Parks.

Four teams competed: HHD, 504th MP Bn.; the 170th MP Co.; Co. A, LAMC; and HQ Co., HQ Cmd. Bn (Prov). Each team consisted of six firers, a team coach and one alternate. Each firer shot 30 rounds at targets from distances of 300, 200 and 100 meters — all rounds were fired from foxholes.

The winning team, the 170th MP Co. with 509 points, was presented with a first place trophy at the Post Theater on Tuesday. Second place went to HHD, 504th MP Bn with 475 points. Third place was won by Co. A, LAMC with 371 points, and fourth place was taken by HQ Co. HQ Cmd. Bn with 357 points.

The top scoring individuals received trophies as well. The top three scorers (all from the 170th MPs) were:

Sgt. Michael E. Clegg with 116 points, followed by Cpl. Michael C. Arbec and PFC John P. Rodriguez, both with 108 points. Arbec beat Rodriguez for second place by scoring 31 points on the 300-meter target compared to 26 by Rodriguez.

Everyone who participated received a certificate of achievement.

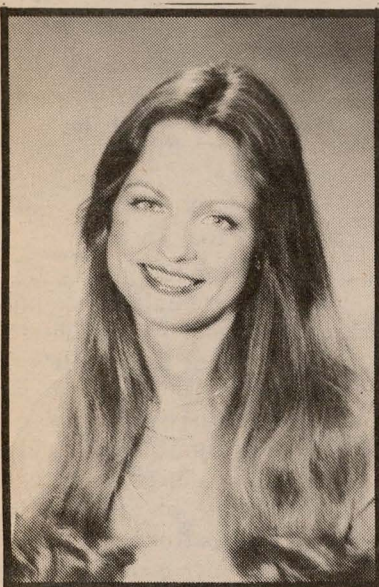


photo by Bob Walker

SSgt. Bruce Davis and Sgt. Robert Garcia load M-16 magazines in preparation for the rifle competition held at Parks RFTA on March 9.

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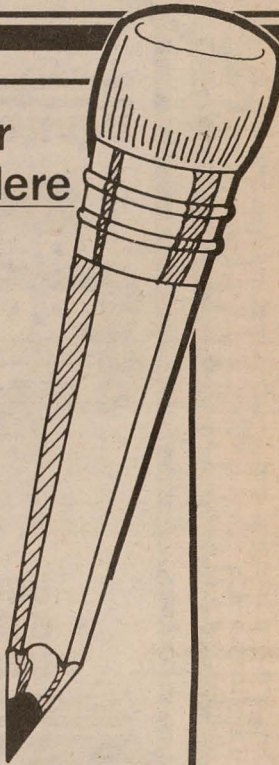
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Total Income	\$25,000	\$25,000	\$ _____
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Adjusted Gross Income	\$23,000	\$25,000	\$ _____
Tax Due*	\$ 3,288	\$ 3,760	\$ _____
Savings	\$472	\$-0-	\$ _____



*Assumes tax taken from 1983 tax tables, married filing joint return, and no itemized deductions. Savings would be even greater with the larger tax deduction available for a Spousal IRA or two Contributory IRAs for a working couple.

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 - \$2,250 if your spouse is not working OR
 - \$4,000 if you and your spouse both work OR
 - \$15,000 if you are self-employed

Contributions to your PFCU IRA accounts are tax-deductible and dividends earned are tax-deferred.

You Have Up To April 15, 1984 To Open Your 1983 IRA.

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You may open your IRA with as little as \$25. Or, if you like, you may make your full year's contribution right away. Subsequent deposits may be made through the mail, in person at a branch, or by giving us instructions to make regular deposits through an allotment to your account. Call us at 415-922-7586 or toll free, 800-248-SAVE if you have questions or would like more information.



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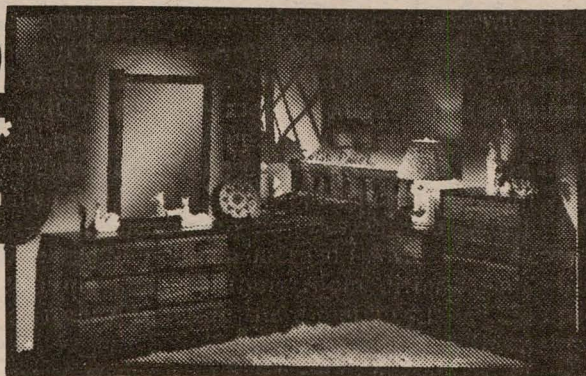
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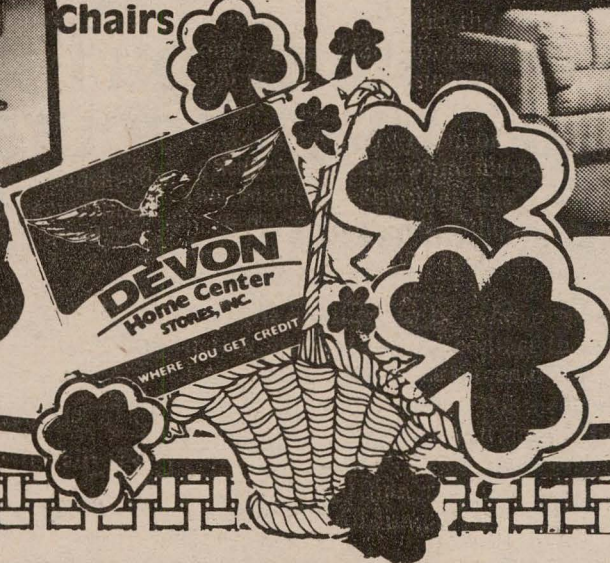
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Star Presidian

Vol. 27, No. 11

"Published in the interest of the personnel of the Presidio of San Francisco."

March 23, 1984



Photo by Pat Barham

RED CROSS

See page 4

Fitness Menu

See page 5

Finger Printing

See page 6

Blood Processing

See page 6

Reclass letters in the mail

Over 219 soldiers at the Presidio and outlying areas have received voluntary reclassification letters according to Capt. Ruth Hambley, chief of personnel management (COMPACT). You may be one of the lucky people to receive a letter, but don't worry.

Selected E-4's to E-6's will be notified in early March through letters from the Army's Military Personnel Center about voluntary reclassification from their existing specialties to ones with greater potential for career advancement.

MILPERCEN officials say this effort will help the Army meet on-going force-structure realignment in a more practical way.

Letters of explanation will be sent through the unit commander to the affected soldier. The commander is being asked to counsel the soldier on the advantages of taking part in the program. These include:

—An expansion of professional knowledge via formal retraining.

—Notably improved career progression and promotion opportunity.

Soldiers selected will be from identified over-strength MOSs and given the opportunity to choose from ones included on a shortage listing.

For example, officials say, if a soldier holds a specialty identified as over-strength in a combat support or combat service support career management field, that soldier would be well advised to consider the prospects of switching into an under-strength combat arms field. By doing so, officials explain the soldier leaves a "promotion stagnant specialty", where some 900 points may be needed for promotion, and enter a specialty that may require some 450 to 600 points for promotion to grades E-5 or E-6.

MILPERCEN officials explain handling of the identification and referral procedures in this way:

After the commander's counseling session, the interested soldier will be referred to the Servicing Military Personnel Office for processing through the specially designed "skill alignment module." The soldier's current qualifications will be updated. A listing of specialties from which to apply will then be provided to the soldier who selects, on priority basis, up to five specialties.

Officials point out that the voluntary reclassification program offers the soldier a few added features:

—A computation of the average time-in-service for promotion to the next higher grades in the listed specialty.

—A statement of whether the specialty has a selective re-enlistment bonus.

Soldiers identified as being qualified for reclassification in a given specialty will have their requests processed through MILPO channels to the U.S. Army Military Personnel Center in Alexandria, VA. The action process will take no longer than 45 days from the date of the letter notifying the soldier.

If at least 5,000 candidates agree to voluntary reclassification enlisted personnel officials at MILPERCEN will view the project as a complete success, contributing to an improved readiness posture. "It will help the retainability of our soldiers—inspiring more re-enlistments," said Alan H. Byrne, project officer for the reclassification program at MILPERCEN. "We hope that the commanders and their troops will take a close look at it and recognize the advantages in responding to it."

Based on a review of past MILPERCEN efforts at both voluntary and mandatory reclassification, Byrne noted that this "open-season" opportunity should produce nothing but a positive reaction through all the ranks. (ARNEWS)

Anyone having questions concerning the content of a letter or its meaning contact SP4 Crowley, reclassification actions specialist, at 561-2575/4405.



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Opinions

Ramblin' Sam

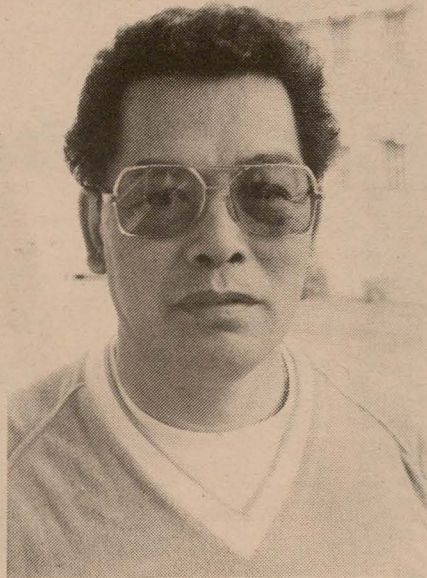
"What are the most important traits of a good leader?"



Sp5 Hosea Lee Jr., action specialist, USAG, "A person that can relate, understand and iniate care for his troops with an equal amount of time and energy with his troops."



PFC Pamala Ford, personnel admin clerk, LAMC, "I think the most important quality is having a leader who really knows what they're doing and where things are or who can direct you to the correct information."



Richard Mark, GS5 enlisted evaluation center, COMPACT, "The mission comes first. Actually the leader comes next as he is created through training, making a good leader. One who takes care of people -- then they'll do the job well."



Sp4K Kelly Cleveland, NCOIC infection control, LAMC, "Patience and understanding, the ability to create a good working atmosphere while giving tactful instructions and a good example. One who follows through on things and a friend."

...the write stuff...

I'm certain that you have heard all of the nicknames given to San Francisco—"The City", "Baghdad by the Bay", "The City that Never Sleeps", are but a few. In fact, you can call it anything but "Frisco" and be pretty accurate. This is but one of the reasons why working at the Presidio can be so rewarding. As W.C. Fields would say "...ahh, yesss...there's a veritable plethora of things to do!" Every now and then we would like to report some of those many things to see and do that may interest a few of you readers out there. Since all work and no play makes for a sad (and dull) Presidian, we will also add a little humor while, hopefully, bringing some useful information your way. So sit back...light 'em if you got 'em...and enjoy.

James L. Hudgins
James L. Hudgins
Chief, Community Relations Branch
Public Affairs Office

By Richard Wetzel

It's one thing to complain about having nothing to do, but doing nothing about having nothing to do is something entirely different...If you want something really interesting to do, pull up a lawn chair next to the Lombard Gate and watch how fast this post is deserted on any given Friday

evening...Where do all these people go? Good question—wished I'd had the answer to give to the two soldiers in the mess hall complaining of "nothing to do"...Maybe they could have gotten a lift!...March 18-24th is National Poison Prevention Week, so if you're really hard up for something to do, check out all those medicine bottles and cleaning supplies to insure the lids are tightly secured...May 13-19 is Armed Forces Week and some big plans are being made for both on post and in the city. Details will be forthcoming.

...

If your parents didn't have any children, there's a good chance you won't have any children...What you just read is an opinion of one Clarence Day. You ask, "Who is Clarence Day?" but many experts believe that something similar to this is almost certain to happen somewhere in the mid-western states within the next few years...The Eighth Annual International Sportsmen's Exposition runs today through March 25 at the Moscone Center...Chips and Changes opened it's national tour at the Exploratorium March 14 and runs through May 10. The exhibit explores the technology of the computer chip. For more info, call 563-7337.

...

Did you know that the flag of England once flew

over the state of California? Francis Drake, who later became Sir Francis Drake, planted the white flag with the red cross of St. George at Drakes Bay in 1579 and took possession of the land in the name of England as Nova Albion. The flag flew for only 37 days...??? National Theater of the Deranged, Friday at the Open Theater Cafe, on Clement Street???...Two free passes to the Presidio Army Museum to anyone who can tell me who Clarence Day is?...Sure, there are over a million (I got the latest count) things to do in the area, but sometimes you just feel like kicking back in an easy chair and watch the idiot set or maybe read the newspaper. You still don't have to stay home. The Rec Center at Fort Scott has a large TV screen and lots of chairs to do just that. During the commercial, maybe you could stroll over to the ITT desk and inquire about the tickets to the 9th West Coast Computer Faire, Mar. 22-25, at the San Francisco Civic Auditorium and Brooks Hall. Cost is \$15.50 for all four days...while you're there, check out the other tours, classes and activities the Rec Center offers.

...

In closing, let me leave you with the words of Robert Orben, quoting horticulturalist Luther Burbank, who said: "Never look down on a lilly, tomorrow that lilly may be looking down on you."

American Red Cross needs volunteers

Commentary by Pat Barham

March is Red Cross month and like other organizations many people feel that monthly observances whould go unnoticed, but what if you needed their services today. The Red Cross is staffed with people just like you who devote their time and energies as volunteers. These are

people who have a little bit of time to spare and want to do something useful to help the community. There is only one problem with this type of system. If no one volunteers their time, nothing happens.

Red Cross isn't only for the sick and the helpless, volunteers teach swimming and first aid to children and adults and

the list goes on. Throughout the world millions of people are helped daily by the Red Cross and while the American Red Cross operates in the United States it also works abroad helping Americans. Your nationality doesn't matter. Your age, sex, religion, or beliefs are second the the belief that we are all human and when the need arises the

Red Cross is there.

The Red Cross has no money of its own, the organization relies totally on the contributions of people just like you and me. If it sounds like we really need the Red Cross, you're right, we do. Some might say I have never used The Red Cross services and that might be true today, but you never know

when you might. It would be a terrible thing if you needed them and they weren't there. How much time do you have to spare. The next time you sit with nothing to do think about it. Volunteering your help is only a phone call way. Without your support the Red Cross couldn't keep up with its need for services; and, it serves you.

The Star Presidian is published weekly by Specialty Graphics as a civilian enterprise in the interest of the military and civilian personnel at the Presidio of San Francisco, California.

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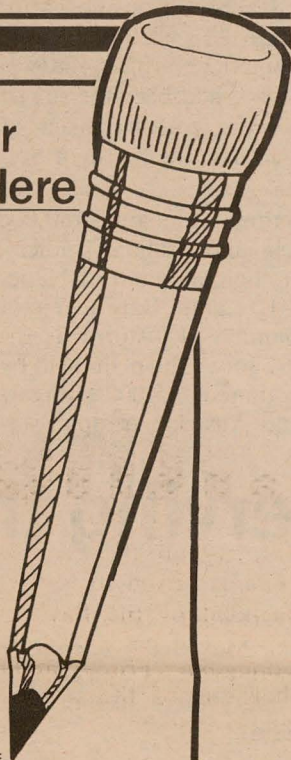
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Adjusted Gross Income	<u>\$23,000</u>	<u>\$25,000</u>	\$ _____
Tax Due*	\$ 3,288	\$ 3,760	\$ _____
Savings	\$472	\$-0-	\$ _____



*Assumes tax taken from 1983 tax tables, married filing joint return, and no itemized deductions. Savings would be even greater with the larger tax deduction available for a Spousal IRA or two Contributory IRAs for a working couple.

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Yes, I'd like to consider a PFCU IRA. Send more information to:

Name _____

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- ☐ I am a PFCU member.
My account number is _____
- ☐ I am not a member, please send me a membership application. My spouse who ☐ has ☐ does not have an account is also interested in a PFCU IRA. (Check the appropriate answer if you wish an additional IRA request mailed for your spouse.)

Solferino: Birthplace of the Red Cross

By Phil Maselli

The Red Cross, an international movement whose goals are to lessen and prevent human suffering by offering practical service programs to individuals and communities, had its beginnings at Solferino, Italy.

Throughout the world the symbol adopted by this organization, a simple red cross on a white background is familiar all over the world. In Muslim countries, a red crescent is used instead of the red cross, but no matter where an individual is the purpose is still the same, helping people.

The history of the Red Cross dates back to the 19th century when Switzerland's Henri Dunant was traveling in northern Italy on a business trip. On June 25, 1859, he came upon the fields which, the previous day, had been the site of one of the goriest battles of that century: the battle of Solferino.

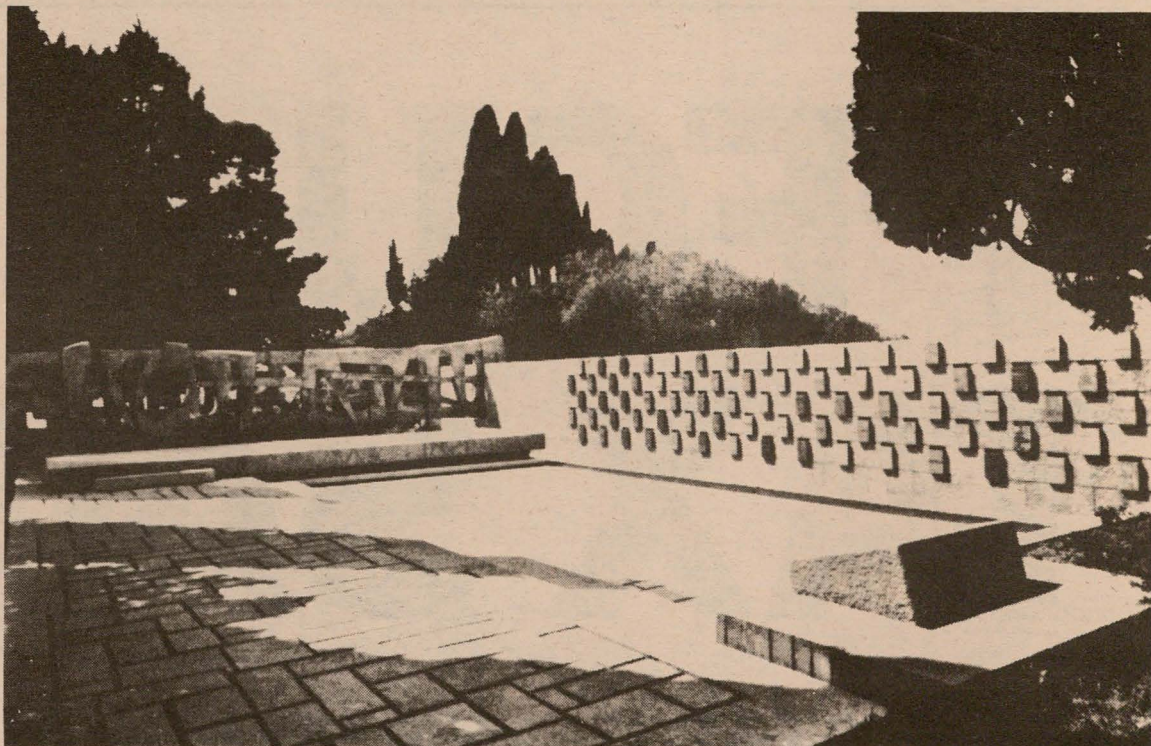
At this battle some 150,000 French and Italian soldiers, under the command of Napoleon III and Italy's Victor Emmanuel II, stormed the heights above the plain held by an estimated 135,000 Hungarian and Austrian troops com-

manded by Emperor Francis Joseph.

The French and Italian troops were victorious but at a terrible price. When the slaughter ended, there were more than 40,000 dead and wounded on the battle field. For the next several days and nights, the scene was one of utter confusion and anguish. The wounded and dying either dragged themselves or were carried to nearby villages.

It was in this disastrous situation that Dunant, with the help of a handful of doctors and aid of the villagers, administered first aid to the victims of both sides. A few days later, Dunant wrote a realistic account of the scene and he provided a vivid description of what could be done by man for his fellow men to prevent much of the suffering that is the aftermath of any battle.

It was at this time that he suggested the organization of an international conference to organize a permanent, neutral and volunteer institution recognized and respected by all to "solve a problem as important as that of caring for victims of war." Thus the Red Cross, as it is known today,



File photo

In tribute

This monument to the International Red Cross at Solferino, birthplace of the organization, stands in tribute to all Red Cross workers who have given their time for the betterment of mankind.

began to take form in February, 1863. Since then it has accumulated great merits in its humanitarian, year-round mission in peacetime and emergencies, from wars to

natural disasters.

National chapters of the Red Cross, in keeping with the Geneva Convention, serve the armed forces of their countries, both in peacetime and in war, providing personal

welfare service to individual members and their families. Today as in the past the Red Cross continues to be "people helping people" through volunteer efforts of those who care.

Serving the community; "People helping People"

By Pat Barham

Like Ma' Bell's telephone, the Red Cross is everywhere. And everywhere includes the Presidio.

March has been designated American Red Cross Month to honor that major chapter's 103rd anniversary and provides an opportunity to

reflect on what the organization means to servicemen and women in the area.

If you visit the hospital, need an emergency leave, give blood, or countless other things the American Red Cross chapter here is likely to be involved.

The local chapter assisted some 1,680 people in the Presidio, Fort Baker and Hamilton AFB area with assistance ranging from emergency leaves, reports to or from home, personal and family counseling and financial assistance.

None of the money used came out of our tax dollars. The American Red Cross is not supported by the U.S. Government. It gets operating funds from the Combined Federal Campaign, United Fund and private contributions.

In addition, 99 percent of its work force are volunteers and there are thousands working directly to aid members of the armed forces.

The volunteers are the backbone of the organization. They hold safety courses in

first aid, cardio-pulmonary resuscitation, swimming and more.

They serve as case workers for personal and family assistance, in the school health offices, as chair side assistants at the dental clinic and at the hospital in such places as the pharmacy, laboratory, x-ray and more.

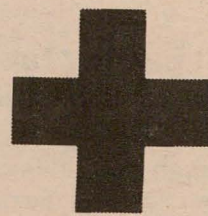
Although "people helping people" is their stock and trade there is also financial help for those individuals who qualify. In 1983, the local Red Cross chapter provided financial assistance to 75 military members for a total of \$15,000.

The local office sent and received over 1,500 messages and conducted countless courses to educate people on safety and first aid.

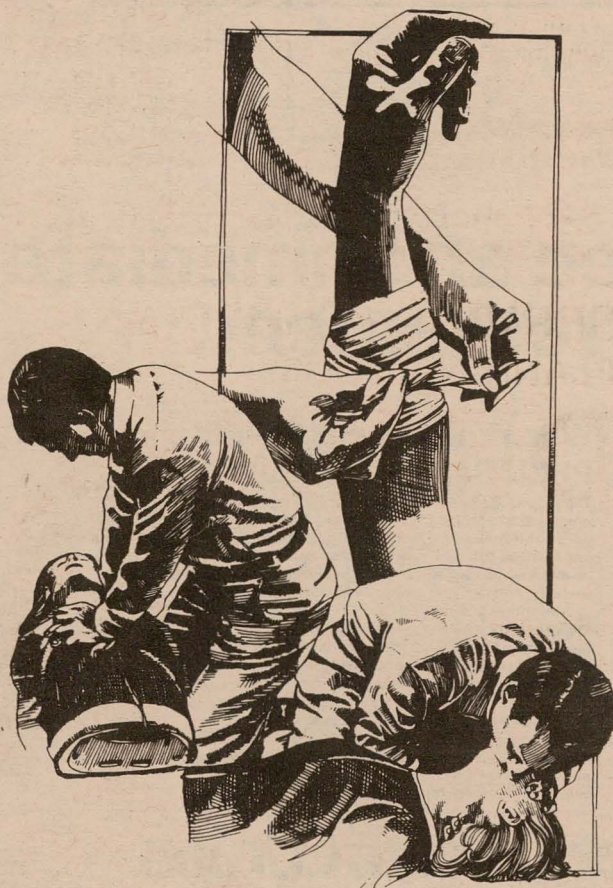
According to David W. Putrino, station director for the Presidio chapter, "There is a continuing need for volunteers. Anyone interested in the program can call the office or come in and offer their time."

So if you look around you, chances are that at least one person you see will have been helped by the American Red Cross.

Believe us:
it's
better to
give blood-
than
receive.



American
Red Cross



At the movies Presidio Theatre

March 22	Hot Dog-The Movie (R)	7 p.m.
March 23	Never Say Never Again (PG)	7 p.m.
March 24	Never Say Never Again (PG)	2 p.m.
March 24	Never Say Never Again (PG)	7 p.m.
March 25	Star 80 (R)	7 p.m.
March 26	Star 80 (R)	7 p.m.
March 27	The Dead Zone (R)	7 p.m.
March 28	The Dead Zone (R)	7 p.m.

Schwartz Theatre

March 22	Flashdance (R)	7 p.m.
March 26	Never Say Never Again (R)	7 p.m.
March 28	Star 80 (R)	7 p.m.

Presidian Review: in *Never Say Never Again*, James Bond again faces SPECTRE, an evil organization that is holding the world for ransom with an act of nuclear terrorism.



During a recent battalian run members of Hq. Co. USAG exercise to lose those unwanted pounds.

Fitness Menu; good eating

By Bob Walker
The Army now has the answer for those desiring to watch their waistlines. As of the first of the year, a "Fitness Menu" has been offered at most dining facilities. Presidio is no exception, as "Fitness Menus" are available around the post at this time. "Fitness Menus" are available for breakfast, lunch and dinner and contain about 500 calories per meal or 1500 calories a day. The program fits in well with the Army's 1984 message to military diners: "Calorie Awareness—Eat Fewer Calories, Shed Some Weight, Get Fit, Feel Great." According to 1st Lt. Lisa Osgood, outpatient dietitian at LAMC, a program of 500

calorie meals has been offered there for nearly a year now, having been implemented before the Army's "Fitness Menu". At LAMC low calorie salad dressing is available for salads as well as diet soda and both fried and baked items to suit the wants of everyone. Osgood said that their sample 500 calorie menu is pasted on the serving line—giving the name of the dish, the portion size and calories per serving. The overall goal of the program is to reduce fat and sodium consumption. "It's a good balanced diet planned from the four food groups. We encourage reducing salt consumption," she added. To reduce salt intake it is often suggested to get used to unsalted flavors of food, cook

with less salt, add less salt at the table, limit the intake of salty foods and to read labels carefully to determine the salt content of foods, Osgood commented. The "Fitness Menu" is much newer at the 504th MP Battalion dining facility. SSgt. Thomas Brandys who is in charge there has stated that the menu has been in effect for 2 months now. The 504th dining facility displays charts on calorie and cholesterol contents of foods and a nutritional chart. Salt, pepper and crackers are in hanging baskets—they are not generally available at the tables. Color coded labels will soon be posted, telling at a glance low, medium and high

calorie items. The recommended 500 calorie "Fitness Menu" is posted. Individuals have to request the smaller portions as they go through the line. Yogurt, margarine, and a salt substitute are available upon request. Cake portions are smaller for those who are watching the calories. Those who are not calorie conscious are allowed to take two pieces of cake. Brandys' definition of the "Fitness Menu" is, "A menu which consists of low calorie selections, which give the soldier an opportunity to consume a well balanced, nutritional meal with fewer calories." The "Fitness Menu" is indeed a solution to good eating for waist watchers!

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Fingerprinting provides positive ID

By Bob Walker

Nearly 200 children have had their fingerprints taken thus far at the Child Development Center here, as part of an ongoing program to provide positive identification of children in the event a child disappears.

The idea to have the children fingerprinted at the center came from Sandra Talbot-White, director of the Center at a meeting of the

Child Development Services Council. She arranged for the MPs to come to the center to do the fingerprinting. The MPs also had McGruff on hand.

Fingerprint cards also contain a recent photo of the child, which should be retaken every year and if the child is under two years of age it is wise to update the photo every four months. Should a child be missing the parent would be

able to supply this information to the police," said Diana Curl, a teacher at the center.

According to SFC Bernard Cannon, crime prevention NCO at the Provost Marshal's the program has been going on for about 18 months at Presidio. He added that crime against children has received more public awareness recently than it has in the past ten years due to media coverage and that most smaller police departments now offer fingerprinting.

To have your children fingerprinted, contact Cpl. Steven Rogers at the vehicle registration office at 561-3811/6090.

The children at the center had mixed feeling about being fingerprinted.

Erik Baugham, age 4 said, "I was thinking it was BLAAACK is all."

"It was fun and messy. I didn't like having to use the yucky soap to get it off," said Joseph Keanne.

Rebecca Brewer age 4 said, "It felt like polishing shoes."

"It was fine," said Melissa Sheperd, age 5.

Amy Svinarch, age 5 said, "It was fun."

"We did it in case we get lost. It was messy. I'm glad I did it," said Natalie Vanetta, age 4.

The fingerprinting at the center will be finishing up tomorrow, with the approval of the children.

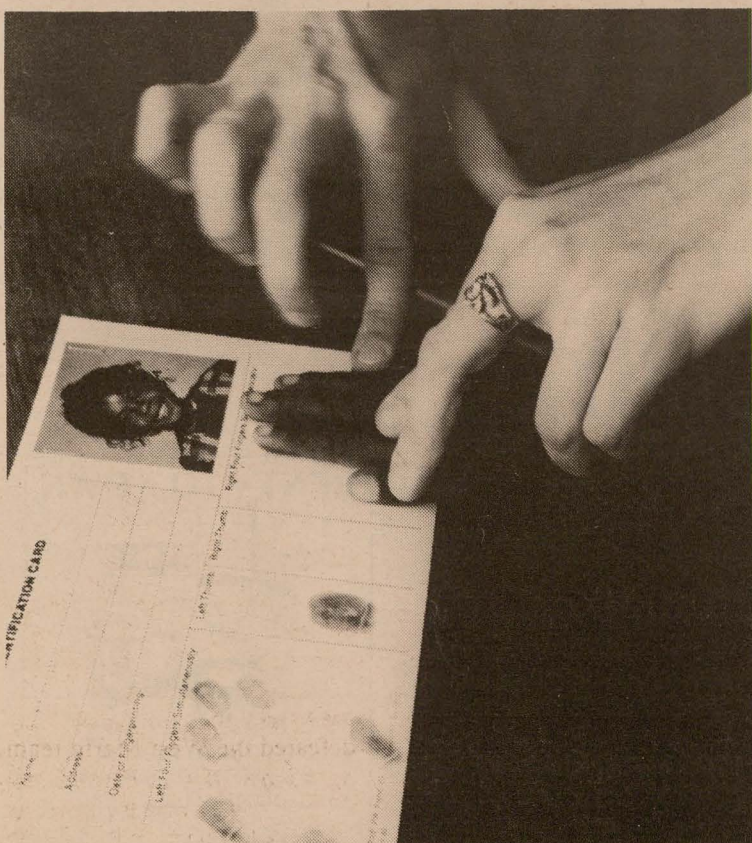


Photo by Richard Wetzel

Fingerprinting records a child's positive identification on a card, to be stored in a safe place by her parents.

Presidio Soldier of the Month Scroll Contributors Honoring

Pv2 Douglas Childs Defense Language Institute

The Presidio Soldier of the Month Program is a military/civilian ceremony designed to honor an outstanding soldier on a monthly basis. At the end of the year, the twelve soldiers earning the monthly honor, will then compete against one another for the highest Soldier of the Year title and earn the Army Commendation Medal.

Soldiers compete for the honor based on their military bearing, dedication to duty, outstanding accomplishments and commendations, education and activities. They are selected by a military panel of judges.

Firms, organizations and persons supporting this program provide services, awards or gifts on a monthly basis. They include:

- Mayor Dianne Feinstein, San Francisco**
- Association of the U.S. Army**
- Dave Reiser - Army Exchange**
- Blue and Gold Fleet, San Francisco**
- Janine Dale Shaffer - Miss Alameda County**
- Lisa Swanson - California Miss Pageant**
- Lori Goodwin - California Miss Talent**
- Robert Parks - FP Press, Fremont**
- Joyce Melott - J's Hallmark Shop, San Jose**
- Radio Station KMEL - 106 FM**
- MAR Ocean View Motel, San Francisco**
- Don Rose - Mountain View Chamber of Commerce**
- Marine World, Africa USA**
- Non-Commissioned Officers Club, Presidio**
- Dr. and Mrs. Raul Pegueros, Fremont**
- Craig Lassen - Pentagon Federal Credit Union**
- Art Nance - Newark Chamber of Commerce**
- Newark Jaycees**
- Oakwood Lake Resort, Manteca**
- Santa Clara Council - Navy League of the U.S.**
- Tim Nelson - Scotts Seafood Grill & Bar, San Francisco**
- Rich Ford - Specialty Graphics, Fremont**
- Colonel Richard Blake (Ret.) - Wells Fargo Bank, Presidio**

The civilian portion of this program is sponsored and directed by Rich Ford, publisher of the *Star Presidian* and owner of Specialty Graphics Inc. of Mountain View. Advertisers, organizations, firms and other personnel interested in joining the monthly awards program are encouraged to contact Mr. Ford at (415) 966-1197 or (415) 796-7710.

Processing blood not an easy task

By Annie Wing

After the donation..before the transfusion: A look at the in-between step-blood processing.

The end of your five minute blood donation marks the beginning of a series of time-consuming tests and procedures which your unit of blood will undergo before it ever reaches a patient. As many as six hours may lapse before a unit is placed "on the shelf," ready for delivery to a hospital for patient transfusion. And more than likely your donation will be used to benefit more than one patient.

This is made possible in Irwin's blood processing laboratory where one donation can be separated into its various life-saving components to help as many as four patients. The concept behind this blood component therapy is to treat patients with the specific blood fraction they need, rather than with whole blood, thereby stretching this precious resource as far as possible.

Because it is so economical and efficient, blood component therapy has become the norm rather than the exception in blood transfusions. In 1982, 93 percent of the total transfusions of all blood products made at Irwin were of blood components, including packed red cells, fresh frozen plasma, platelets and cryoprecipitate. The remaining seven percent were of whole blood transfusions used predominantly in cases of massive blood loss.

Each blood component offers unique benefits. Packed red cells increase the oxygen-carrying capacity of a patient. Plasma, the liquid portion of blood containing many clotting factors and proteins, restores a patient's volume needs and is often used for victims suffering from severe shock or burns. Platelets help prevent bleeding and are vital to individuals undergoing intensive chemotherapy for leukemia or other cancers. Cryoprecipitate, derived from fresh frozen plasma contains essential clotting factors for treating victims of hemophilia and other bleeding disorders.

All these blood products are processed in Irwin's blood component laboratory. Since blood is a perishable commodity, time and temperature play a crucial role in determining the types of components that will be made from a unit of blood. For example, since platelets must be made from unrefrigerated blood, blood donations are delivered at room temperature from the drawing site to the blood bank's processing laboratory. However, the components must be made within six hours of the drawing time or the red cells, left too long in an unrefrigerated state, begin to perish.

While technical assistants separate the blood into its components, medical technologists test corresponding blood samples for hepatitis, communicable diseases and the presence of antibodies that might be harmful to the blood recipient. The hepatitis test alone takes a minimum of two hours. The ABO blood type and Rh factor are also determined at this time. To eliminate the possibility of mislabeling a unit of blood — an error which could cause serious medical complications or even death for the recipient, at least five checks will be made on a unit before it is released.

Blood components are produced through centrifugation or a spin-down process. Bags of blood are placed in the individual cells of a centrifuge machine, balanced and spun at high speeds to separate the red blood cells from the plasma.

The heavier red cells settle to the bottom of the bag, and the plasma, along with the platelets, is expressed into a satellite bag. This entire process occurs in a closed environment. The blood travels through plastic tubings from one bag to the other and is never exposed to the air. The red cells are immediately refrigerated to maintain their 35-day viability. The same procedure is repeated again at higher speeds to separate the platelets from the plasma. Platelets good for only five days must be kept agitated at room temperature to prevent clumping. The plasma is then frozen to preserve its clotting factors. Cryoprecipitate is spun from fresh frozen plasma thawed slowly at refrigerated temperatures. Fresh frozen plasma and cryoprecipitate can remain frozen for up to a year before their efficacy begins to decrease.

Irwin Memorial produces approximately 2.38 blood products or components per unit of blood collected. On heavy collection days, the processing laboratory can produce as many as 1500 blood components.

Blood processing is a time-consuming and complex operation requiring the team effort and technical skills of highly-trained professionals. This professionalism and dedication to high standards enable Irwin Memorial Blood Bank to meet the blood requirements of the 43 medical facilities in its eight-county service area.

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Sports

Jimmy the Freak; picks American League

After last week's look at the American League's Eastern Division I received several threats upon my person by irate Boston fans (both of them). I was asked to change my prediction and list the teams alphabetically. Otherwise, I was warned, I would be abducted, secreted aboard a Pilgrim Airlines DC-3, and forced to watch the Red Sox pitchers practice! Even with this fate worse than death hanging over me, I will stand (or stagger) with my original selections. Now, to add a tad more salt to the wound, I will give my prediction for the final standings of the American League Western teams.

Chicago—The Sox are really the only team in this division who would have any chance of beating any of the teams in the Eastern Division. Chicago's strength is in its pitching staff. An injury or two would quickly pull them back into the pack. I don't believe that they will win the division by 20 games again—the A's are too improved for that to happen. But they could win by 10 games!

Oakland—The A's have the best leadership in the

major leagues, especially in the front office. 1984 will not be the year of the Athletics, but I predict big things from them in the next year or two! What in interesting team they are—they have a manager who can actually read, a hometown hero at second base, an owner who wears jeans, and no Charlie Finley!

Texas—The Rangers have the ingredients for a very competitive team—good pitching (look for Dave Stewart to be an All-Star) and a very able manager (is this the same Doug Rader who creatively decorated cakes in Jim Bouton's *Ball Four*?). Since they are in a weak division, an above-average year from several of their players could put them near the top.

California—Age does wonders for wine, but it doesn't do squat for a baseball team. Do you realize that the *average* age of the starting pitchers could be around 36! Some of these guys have children going to school with some of their teammates! The trainer shouldn't worry about anything except having enough Geritol in stock.

Minnesota—The Twins won't win many games, but they sure will be entertaining. If you enjoy 10-9 games, you're going to love these guys. It will be nip and tuck as to which statistic will be higher, the team's batting average, or the team's ERA.

Kansas City—What a change in fortunes! From the penthouse to the outhouse in one year. One thing that's certain, this is Colombia's favorite team. Last year, the manager had no problem in getting the team high for any game. Because of that, this year's Royal outfield will have people named Butch, Pat and Mike playing—the last names really do not matter. Betcha George Brett still hits over .330.

Seattle—The Mariners will probably lose more games this year than they did last year, and that was over 100! To strengthen their team, they did the most sensible thing they could—trade their best reliever for a catcher who's taken one too many fastballs between the eyes! Like true mariners, they will go down with their ship...down, down, down.

Sports briefs

Basketball playoffs

The Intramural basketball playoffs have been full of surprises so far as the Veterans Administration Eagles have soared to the final with three victories.

They have defeated USACC (61-47), DEH (66-57) and USAG (57-50). Their opponent in the finals will be either DEH or USAG, who will be looking to avenge their earlier loss.

DLI teams Co G & H were early favorites to be eliminated. Co G defeated Co H (53-48) to settle the DLI bragging rights, but fell to DEH 53-57.

Balanced team scoring by different V.A. players each game has helped keep opponents off guard. The Eagles have been lead by Jerome

Wiley and Lish Gordon as key scorers.

USAG star player Michael McCraeven has been averaging 30 pts. a game to support his team's efforts to make the finals.

DEH has been lead by Dave Berstine (playoff average 25 pts. a game) and Tyron Turner.

Aerobics classes

High energy classes including stretching, toning and aerobic conditioning, done to popular music, are available daily at Post Gym No. 1. Classes are on-going. A free introductory class will put you into the spirit of fitness. Wear comfortable clothing and tennis/aerobic shoes. Open to all ages and levels of fitness — participants are encouraged to work at their work pace.

For more information, phone 381-3382 or 561-4120.



Officials needed

Personnel interested in officiating volleyball in the Presidio Intramural Program are urged to attend a clinic on Friday, starting 1630 hours at Post Gym No. 1, Bldg. 63. For more information, call Bob Giron at 666-6273.

Spring Softball League starts

An entry deadline for the Spring Boys Softball League

sponsored by the San Francisco Recreation and Park Department has been set for today, 6 p.m.

Classes will be divided into Midget 11 years and under; Junior 13 years and under; Intermediate 15 years and under and Senior 17 years and under. Ages are computed as of June 1, 1984.

Youngsters interested in competing should sign up now at their nearest playground or recreation center.

Each team will be allowed 15 players who must live or go to school in San Francisco.

Divisional play begins Monday, April 2 with finals set for Saturday, June 2.

Suitable awards will be presented to first and second place winners in each division.

Intermural soccer continues

A three goal scoring binge by team captain George Ferguson (USAG) highlighted Presidio's first league win in the Marin Soccer league. They defeated the West Marin team by a score of 5-2. Further offensive power was supplied by Ventura (Panama) Rodriguez (LAIR) and Tim Farrell (DLI) who scored one goal a piece. The defense jelled together and limited the opposition to just two goals. Standouts were Chris Brown, Morris Johnson (LAMC) and John Wagstaffe (6th Army).

Goalkeeper Todd Burmeister (864th Engr.) controlled the tempo of the game with some excellent saves and an accurate throwing arm. The team continues to improve and should earn more victories in the second half of the season.

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Over 500,000 youths poisoned annually

Is there a "bomb" in your bathroom or under the kitchen sink just waiting to go off? If you have small children and unsecured medicines and cleaning products, your house may be a virtual booby trap for your youngsters.

Each year more than 100 American children die and hundreds of thousands get sick from accidental poisoning.

Rose Ann Soloway, a poison information specialist at the National Capital Poison Center, Georgetown University Hospital, Washington, D.C., explained that the key to solving this nationwide problem is more caution by parents.

Although anyone can be poisoned, most victims are children under five, Mrs. Soloway said. "And most accidental poisonings are caused by careless storage or location and improper use of household items, including plants in the house," she said.

According to the U.S. Consumer Product Safety Commission, more than 500,000 children are accidentally poisoned annually.

Cologne and perfume are very common causes of poisoning from household products, Mrs. Soloway explained. "Young children are attracted to their pleasant fragrance and pretty bottles, which unfortunately are usually kept in the bedroom or bathroom where they can be easily reached," she said.

Even well-intentioned parents put their children in jeopardy by referring to medicine as "candy," hoping their child will be more willing to take it, she said. "The big danger here is that the child might take large amounts of what he or she thinks is candy but is really a very dangerous drug," she said. Death can result from an overdose of aspirin — often the fruit-flavored kind, she added.

Although less than five percent of the several million calls received annually by poison centers involve actual poisonings that require hospitalization, anywhere from 100 to 500 children die each year, according to Dr. Barry Rumack, president of the American Association of Poison Control Centers.

Dr. Rumack, who is also Director of the Rocky Mountain Poison Control Center in Denver, Colo. and a Reserve Army major, estimates that 60 percent of all calls throughout the centers deal with children under five.

Jacquelyn S. Lucy, coordinator of the Maryland Poison Control Center at the University of Maryland School of Pharmacy at Baltimore, said "our center as well as every other one believes that even one death is one too many."

Regarding adult poisoning, Mrs. Soloway said that people take wrong medicines usually because they carelessly take it in the dark, or because of poor eyesight.

And foolishly taking a double dose to make up for one missed can do a lot of harm sometimes, she added.

Also, drinking alcoholic beverages while on medication can cause poisoning. Many teenagers are accidentally poisoned while experimenting with drugs and alcohol, she said.

Many drug-related poisoning accidents can be avoided by following some simple preventive measures:

- Store drugs in locked cabinets out of children's reach
- Buy drugs with child-resistant caps whenever possible and close caps properly
- Read labels carefully and follow directions exactly
- Take medications in a well-lighted room to avoid misreading the label
- Don't mix medications in front of children
- Don't call medicine "candy."

If someone is poisoned, immediately contact a doctor or local poison control center, Mrs. Soloway said. Of the approximately 400 centers in the United States, about 25 are regional centers, which are accredited by the American Association of Poison Control Centers. "This means, for example, that all the regional centers must have toll-free numbers, or that callers can phone collect," Mrs. Soloway explained. Numbers of all the centers can be found on the inside cover of the yellow or white pages of local telephone directories.

A spokesman for the U.S. Department of Health and Human Services in Rockville, Md. said the network is meant to be used by all branches of the Armed Forces as well as civilians.

"There's no point in having a duplicate system for the military," said a spokesman for Walter Reed Army Medical Center in Washington, D.C. "The military takes advantage of the existing system," he noted.



Photo by T.R. Weller, Jr.

Working together to prepare earthmoving equipment for movement to the Republic of Honduras are SFC Verlin McCalley, Co. D, 34th Engr Bn Fort Riley, Kansas on top of the earthmover and Sgt. Darrell Turner, Earthmoving Platoon, Co. D, 864th Engr Bn (Cbt Hvy), controlling the crane. For more on the loadout; See page 4

Protecting children

See page 4

DEH Service Desk

See page 5

STREET CLOSED

Lincoln Blvd. will be closed just north of the Wells Fargo Bank, between the Bank Street intersection and the one-way southbound section between building 106 and Doyle Drive. Closure is scheduled for the period of April 2 to June

8. The purpose of the street closure is to install a new retaining wall and reconstruct the embankment below Lincoln Blvd. New sidewalks and safety barricades will be installed during the construction.



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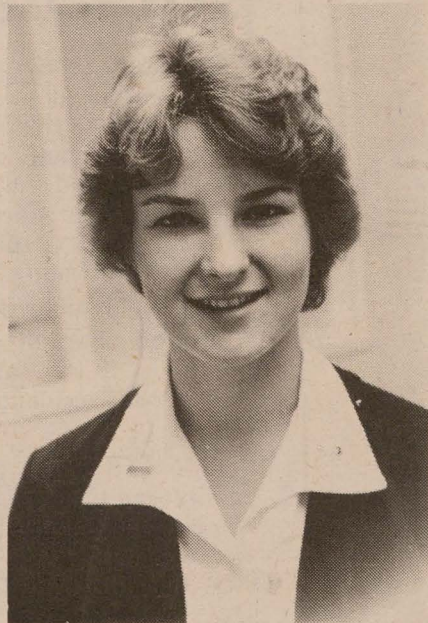
Opinions

Ramblin' Sam

"What's the most embarrassing moment of your life?"



Terry Jones, military personnel clerk, COMPACT, "God, I've had so many of them! I think perhaps getting caught at UC Berkeley making love standing by a tree or being in the water at a nudist beach, being unable to come out of the water for five hours was embarrassing."



1st Lt. Caroline Dovalgo, clinical dietitian, LAMC, "I had people over and was boiling eggs for breakfast. While I was talking the water boiled away and the eggs exploded all over the kitchen."



Capt. Bill Staselavage, staff officer, DCSRM 6th Army, "An embarrassing moment was when my wife asked a two star general's wife at a cocktail party if she was putting on weight."



Mary Wilson, military records clerk, COMPACT, "Couldn't you ask what isn't embarrassing, my whole life is embarrassing. This will go down as another embarrassment."

...the write stuff...

Compiled by Jim Hudgins and Richard Wetzel
Did you hear that:

As a pre-Olympic event, over 37,500 runners are expected to run along Lincoln Blvd. this coming Sunday?

In an attempt to upgrade the quality of food in the Army dining facilities, DA will now schedule menus to include escargot, vichyssoise and Beef Wellington?

The Army will be using the same material used in bathing suits for their tropical BDU's that will give soldiers an all-over tan as well as camouflage them?

Development is underway to provide paratroopers with parachutes that are edible for use in rough terrain and behind enemy lines?

The West Point mascot will be changed from the mule to an armadillo in keeping with the added emphasis on armor training?

Congress may decide, as an incentive to enlistments to reduce the work week to 30 hours for those soldiers assigned to administrative headquarters like the Presidio?

Natick Labs will study the possibility of arming surfboards for Light Infantry personnel in support of tropical amphibious assault landings?

There will be mandatory vasectomies for those soldiers with more than two children so that smaller housing units can be built at a savings to the government?

New soldiers will be given an exemption from hand-to-hand combat training if they grew up in New Jersey?

ROTC graduates will be able to avoid all bureau-

cratic red tape and be commissioned as retired Colonels upon graduation?

M-1, "Abrams," tank drivers will be required to have some experience as New York City taxi drivers?

A new MOS, "Mobile Rangefinding Specialist," is being considered whereby personnel will be issued dayglow orange uniforms and taught to walk in straight lines?

Another MOS is being developed for those enlistees who flunk basic training more than three times to be entitled "Professional Hostage?"

In case of national emergency, all federal employees will be required to take PT and close order drill?

Every military and civilian employed by DA will be required to trade in their foreign-made vehicles for an American Motors Jeep or a '53 Rambler?

Fort Polk will be turned into a military retirement complex?

Plans are underway to deploy the rest of Presidio's troops to Fort DeRussy for annual training?

Studies have proven that at a certain age, laboratory rats, no matter what you do to them, will develop cancer?

To enhance survivability, the armor plating of the M-1 tank will be covered by Army dining facility steaks, which tests have proven are tougher than titanium?

All of the above-mentioned rumors are printed in time for April Fools' Day?

Where are the children

Commentary by Pat Barham

Those dear children, don't you just love them. It was once said that children make the world go round, but when was the last time you as a parent took the time to look at what your children are doing in their spare time.

Parents have a dual responsibility for their children: They need to protect them from harm and, at the same time, teach them to take care of themselves.

In recent months a case of a missing child has been publicized in our area. This is alarming to most people, but the old saying that it only happens to others does not hold true. As service members we all have a responsibility to keep upk with our family members. Does your child play outside unattended? When was the last time you looked out the window to see if little Junior was still in the yard?

April has been declared the "Month of the Military Child" and wouldn't it be sad one day to find your bundle of joy is missing. Throughout the month there are excellent programs involving youngsters and grownups alike to educate all about the hazards of unattended children.

For the most part I am sure that as responsible parents most of our children are safely watched after. But, what about hat percent that aren't. Is it really worth that time we spend alone or doing something without involving our children? A good suggestion might be that we parents plan our activities toward family orientated outings or projects. Who knows everyone might just get to like the idea enough that the idea catches on for good. It would be a sad day to ask "Where are the children," and there is no answer.

The **Star Presidian** is published weekly by Specialty Graphics as a civilian enterprise in the interest of the military and civilian personnel at the Presidio of San Francisco, California.

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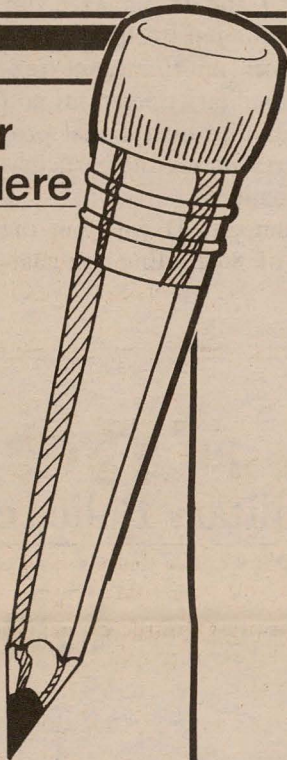
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864th Engrs.: Operation Granadero I Company D ready for action

According to Maj. Donel White, chief, DPTSEC plans and operations branch, nearly 200 soldiers of D Co., 864th Engrs. Bn. departed at 30 minutes after midnight on March 27 from the Presidio for Honduras to take part in a combined exercise called Granadero I. The exercise, announced Friday, March 23, will be conducted in two phases: a preparatory phase from April 1 to May 30 and an employment phase from May we through June 30. The purpose of the exercise is to build on the lessons learned in Ahuas Tara I and II, enhance our abilities and techniques to conduct multinational regional military operations and standardize operational procedures among the participating nations.

Company D will join the rest of 864th Engineer Bat-

talion, stationed at Ft. Lewis, Wash., in constructing temporary C-130 assault airstrips at the existing airfields at Cucuyagua and Jamas-tran. These air strips will be used extensively to support the exercise forces during the tactical employment phase of Granadero I.

This phase will consist of a series of combined counter-insurgency exercise activities in which approximately 1,000 U.S. troops will participate. It will culminate in a combined airborne/air assault operation.

A joint task force headquarters from the U.S. Readiness Command, MacDill Air Force Base, Fla., will be deployed to plan, control and coordinate U.S. participation. Overall control of U.S. participation in the exercise will be administered by U.S. Southern Command.



Photo by T.R. Weller, Jr.

Jerry Baca, Gang 32, MTMC, Oakland Army Base picks up another Co. D, 864th Engr Bn (Cbt Hvy) container at dockside last Thursday. The SS Adm. William M. Callaghan left Saturday with all the heavy equipment belonging to the Presidio's combat engineer unit.

Military Police caution parents

Children need much more supervision



Photo by Richard Wetzel

McGruff chats with several youngsters during one of his visits to Presidio's Child Development Center.

Today's children probably have less parental supervision than before; in fact, this has been called the age of the "latch-key" child, and they have never been in such great danger.

Crimes against children are increasing, and the trend shows no sign of leveling off, unless you — the parent — help out. Pick up any newspaper these days, and invariably you will find (1) a child is missing under mysterious circumstances, (2) a search is being conducted for another missing child, and (3) the body of one reported missing a week or two before has just been found.

It is deplorable, but also an unfortunate fact of life these days; children need more protection at a time when less is being offered. What can you do to assure your child's safety?

Parents have a dual responsibility for their children: They need to protect them from harm and, at the same time, teach them to take care of themselves. Older children can

be left on their own at times, but only if they have been given certain rules to follow. Younger children cannot be left alone without supervision, whether in a car, at the supermarket, on the playground or in the back yard.

April has been declared the "Month of the Military Child." McGruff, in conjunction with the Presidio Crime Prevention Office, will be presenting several lectures and seminars to help parents better understand how to protect their children:

- Sat., March 31: Child fingerprinting at the Provost Marshal Office, Bldg. 36, from 10 a.m. to 2 p.m.

- Wed., April 11: Child safety lecture/films at the Girl Scout Building, starting at 7 p.m.

Movies on child safety, drug prevention, and child abuse will be held at a location and times to be announced. Added lectures will be announced, and for more information, contact the Presidio Crime Prevention Office at 561-5011/4925.

At the movies

Presidio Theatre

March 29	The Keep (R)	7 p.m.
March 30	The Keep (R)	7 p.m.
March 31	Return of the Jedi (PG)	2 p.m.
March 31	Return of the Jedi (PG)	7 p.m.
April 1	Return of the Jedi (PG)	7 p.m.
April 2	Return of the Jedi (PG)	7 p.m.
April 3	D.C. Cab (R)	7 p.m.
April 4	Scandalous (PG)	7 p.m.

Schwartz Theatre

March 29	The Dead Zone (R)	7 p.m.
April 2	The Keep (R)	7 p.m.
April 4	Return of the Jedi (PG)	7 p.m.

Presidian Review: In *The Keep*, Nazis are holed up in a fortress to hold a mountain pass. Their occupation uncovers evil and death, with only one man knowing the secret of it all.

DEH service order desk; not an easy job

by Bob Walker

The telephone rings. A young man answers it with "Service Order Desk, may I help you?"

The young man in a wheelchair is one of two personnel working at the DEH service order desk. His name is Mike Halloran. His co-worker is Larry Morgan. Their job is to receive calls for service orders — calls for needed repairs of existing structures.

They receive about 100 to 150 calls a day according to Halloran. Some of those calls are from irate customers who feel that they can expect and must have immediate action on their repairs.

"Trying to make the customer understand our limited manpower and that we don't know the work loads of the various shops is our biggest problem," said Halloran. Last week a customer called about 4 p.m. and said

he had a leaky sink drain. He got angry. We must keep our composure. I told him I would give the service order over to the night crew as an emergency, so that they might dispatch someone. We just try to calm them down. We have to treat all customers on an equal basis."

Occasionally a few unusual calls are received by Halloran and Morgan.

Morgan related a story about a woman calling to request some furniture repairs be made. It turned out to be personal furniture in family housing. He told her it was not the responsibility of DEH, but their own. She responded with, "I thought you would do it because I'm an officer's wife."

Halloran said that four or five months ago a lady called asking to have someone come out to remove a football from

their roof. Halloran did what he had to do, by telling her to wait for her husband to get home, that he might borrow a ladder and get the football down himself. With the work load at DEH, people need to help themselves whenever possible.

Another call taken by Morgan recently was from a woman requesting that a small mouse hole be repaired, rather than taking the initiative to plug it with a little plaster on her own.

Family housing residents simply need to know their own responsibilities. A handbook is available on the subject, which tells how to make many repairs with items available from Self-Help in Building 250. Halloran said that leaky faucets for instance, must first have washers replaced by the occupant before calling the service order desk for assistance. If customers will see to

their own responsibilities first, the job of the service order clerks would be eased considerably.

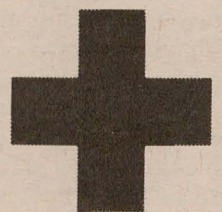
The Service Order desk may be reached by calling 561-2104/2105 from 7:30 a.m. to 4 p.m. An emergency night crew is available after hours at the same numbers for life threatening problems.

Halloran said that most service orders are handled in 24 to 72 hours after the call.

Halloran said, "I like my job. It's a challenge. The most important thing is to try to satisfy the customer's needs. People still have to understand our existing manpower. We try to get to as many calls a day as possible. It's not always possible to get to as many calls as we would like to."

At this point, the telephone rang again. Halloran responded, "May I help you?"

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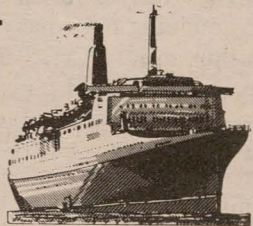
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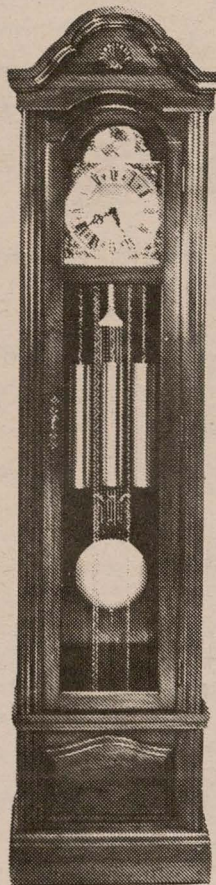
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For Your Information

Day Camps

The San Francisco Recreation and Park Department's Summer Day Camp Brochure, announcing the schedule for recreation centers and playgrounds throughout the City are now ready for public distribution.

Due to the tremendous popularity of the four day camps, Silver Tree, Pine Lake, Pacific Art and Sound System Plus, brochures were printed earlier this year, to give parents an opportunity to schedule their summer activities.

Last year, the camps attracted over 3,000 young people, 6-12 years of age. This year, quotas are expected to be filled earlier. Those interested in obtaining a free informational brochure, contact the Day Camp Office during weekdays from 8 a.m. to 6 p.m. at 558-4971.

Newspaper/cans

RECYCLING: Recycling for April will take place Saturday, April 7, 1984. Quarters residents are reminded to have newspapers and all aluminum cans ready for pick up between the hours of 10 a.m. and 2 p.m. All proceeds from recycling go to the Boy Scouts, Girl Scouts, Parent Youth Club and Aquarius Swim Club. In case of rain, there will be no recycling. However, cans and newspapers can be dropped off at the Recycling point, located next to building 661, at any time.

Asian-Pacific Week

National Asian-Pacific American Week is an annual event designed to promote appreciation and awareness of the Asian-Pacific American culture. Activities will be planned/coordinated among Presidio personnel to recognize

this significant event. Volunteers, military and civilian, interested in sharing their talents and ideas in planning a luncheon, special entertainment, and displays are asked to contact MSG Williams or Anne Vargas at 561-4602/3701. The event is scheduled for May 5-12 with "Strength Through Unity" as the theme.

Scholarships

The Presidio Officers Wives Club is offering scholarships to 1984 graduating high school seniors. Applicants must be family members of active Presidio Officers Wives Club members.

This year the OWC is offering an additional \$1000 scholarship donated by Cyril Magnin. This scholarship is available to 1984 graduating high school senior family members of active members of either the Presidio Officers Wives Club or the Letterman Women's Club.

For more information or applications, contact Janice Muller at 921-3468. Deadline for applying is April 15, 1984.

Earthquake preparedness

The Directorate of Plans, Training and Security is hosting multi-media presentations on the Presidio National Disaster Plan, and an additional presentation on Individual and Family Survival. Both presentations provide useful information to both military and non-military segments with the morning presentations directed towards the organizational response and the afternoon show geared towards individual presentation activities. All presentations will be held at the Post Theater and are open to the public. The initial presentation on April 18 marks the 78th anni-

versary of the 1906 earthquake which destroyed the city of San Francisco.

Laundry service

The purpose of the Army Fabricare Facility, building 1047, is to support military organizations and active duty personnel. Are you aware that the laundry offers a service to all active duty personnel which, through payroll deduction, authorizes a 25-piece laundry bundle each week for the nominal cost of just \$8.00 per month? The bundle may include both military shirts and trousers within the 25-piece limit. You have your choice to either turn in and pick up your laundry yourself, or you may turn in your clothing to your unit supply representative. Hanger service is available upon request at no extra charge. Personnel who are not enrolled in the payroll deduction laundry program are encouraged to do so. The laundry also offers piece-rate service; and a special, one-day service. On the one-day service, items turned in by 9 a.m. are ready for pick up the same day at 3 p.m. The prices are very low, as prescribed by DOD directives. Laundry hours are 7 a.m. to 3:30 p.m. Monday through Friday.

Parenting class

The Child Development Services will offer a second Parent Effectiveness course beginning Thursday, April 5, 7 to 9:30 p.m. Classes will be held at the Child Development Center, building 569. The twenty-four hours of instruction (10-11 lessons) will focus on listening skills (your's and the child's), on problem ownership, on active listening, and on problem solving. Parent Effectiveness classes can provide parents with new listening and problem solving skills

which can improve communication with others and reduce parent-child conflicts. The class instructor will be Ms. Karen Jupe, family services director. Registration for the Parent Effectiveness classes is now being accepted at the Child Development Center, building 569. For additional information, call Ms. Jupe at 561-4712.

Army Reserves

Recent developments affecting the Army Reserves will be discussed by Col. Jay W. Woodbeck, USAR advisor to the commander, U.S. Sixth Army, at the Presidio Chapter ROA dinner-meeting Thursday, April 5 at the Presidio Officers' Club. All officers, active, reserve and retired, and their guests are welcome to attend. Reservations are required; send with check (\$14 per person) to: Col. Angus L. Loop, Jr., 6401 Melville Drive, Oakland, CA 94611.

BDU care

The Army Fabricare Facility, building 1047, has received authorization, via message from FORSCOM dated January 6, for pressing the battle dress uniform. This is to improve the appearance of the uniform when worn. The laundry will wash and press the uniform for the following cost: Shirt - .80, pants - .70, field jacket - 1.25, cap - .20. Starch is still not authorized. For more information, call ext. 2019 or stop by building 1047 between the hours of 7 a.m. and 3:30 p.m., Monday through Friday.

Recreation Center news

Tours: (1) Sat., Mar. 31, 10:00 a.m., Oakland A's vs SF Giants Baseball Game Tour. Cost \$10.00 Candlestick Park. (2) Sat., April 7, 9:00 a.m., Los Gatos Wine Tour. Cost \$7.50. (3) Sat., April 14, 9:00 a.m., Great America USA Tour. Cost \$15.00.

Tickets: (1) Oakland Invaders Football Tickets are available for all home games. Cost is \$4.00. The next game is April 16 against Houston. (2) San Francisco Giants Baseball Tickets. All Sunday Day Games, including most of the major promotional events. Opening day, April 3, the two major holiday dates — July 4 and Labor Day (September 3), The Bay Bridge Series Exhibition Games vs the A's, tickets are Lower Box Seats. Cost is \$8.00 plus 25¢ service charge. The All-Star Game returns to Candlestick! The Giants are proud to host the '84 midsummer classic on July 10 and it promises to be a unique Candlestick event. The Recreation Center ITT Office will have a limited number of All-Star Game Tickets. Personnel purchasing Giants regular season tickets from the Recreation Center will be eligible to participate in our All-Star Game Raffle. This raffle will enable the winners to purchase tickets for the All-Star Game.

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Home and Office Calls

Sports

YA Baseball sign-ups

Youth Activities Baseball sign-ups will be April 5 from 9 to 11:30 a.m. at the Main Post Gym. Registration fee will be \$10 and a birth certificate is needed for verification of age. Try-outs will be held on April 7 at Pop Hicks Field for the following age groups and times:

Minor League: ages 7-10, 1-2:30 p.m.

Major League: ages 11-12, 2:30-4 p.m.

Junior League: ages 13-14, 4-5 p.m.

The Youth Activities Baseball program is in need of coaches and umpires for the upcoming season. If you are interested or have any questions about the baseball season, please contact the Youth Activities office at 561-5143.

Girls softball

Youth Activities Girls' Softball sign-ups will be on April 7

for girls ages 12, 13 and 14. They will be conducted at the Main Post Gym from 9 to 11:30 a.m. Registration fee is \$3; teams will be formed depending upon the number of sign-ups.

For further information, call the Youth Activities office at 561-5143.

Bay to Breakdown

A media ratings battle of another kind — Bay to Breakdown, a zany parody on the upcoming **San Francisco Examiner Bay to Breakers**, features local personalities from radio, television, daily papers and other print media. Eyewitness your favorite news team compete in a course ensured to get the highest Nielsen rating of the year. Tune in on Thursday, April 5 at prime-time 12:00 noon in Embarcadero Plaza. Admission is free and everyone is welcome!

Golf tourney

Active duty soldiers are invited to participate in the 21st Annual Southeast Military Invitational Golf Tournament May 1 - 4 at Jacksonville, Florida. Competition is limited to five man teams for the 72 holes and the cost is \$15 per team. All expenses for the event will be paid by the individual teams. Entries must be submitted NLT April 24. For more information, contact the MSAD Sports Branch, building 36, at 561-4120.

B-Ball Championship

The Veterans Administration Eagles flew to the Intramural Post Championship over a rugged D.E.H. team 51-45 in the tie breaker game.

D.E.H. stunned the Eagles in the initial championship game 60-39 in overtime. Balanced scoring and a tough defense enabled them to earn a tough victory. Dave Bernstein

scored 23 points to lead the way. He was backed up by Oscar Hines (10 points) and Tyrone Turner (13 points). This forced the tie breaker game as each team had only one loss in the playoffs. After a short break, each team gave it their all in an effort to win the coveted title. In the first half D.E.H. surged to a four point lead 27-23. Turner scored 11 points and Hines 8 points to lead the way.

The second half had D.E.H. getting into foul trouble and scoring only 18 points.

Meanwhile the VA team played better ball with less fouls and better shooting.

Ronald Alexander got hot and scored 10 points to rally his team to victory. He was assisted by Jerome Wiley who scored 6 out of 8 points also in the second half.

Each team was very tired at the end but VA stamina prevailed and they won 51-45.

The following individuals

were selected to the All-Star teams:

First Team

Lish Gordon - VA
Jerome Wiley - VA
David Bernstein - DEH
Oscar Hines - DEH
Michael McCraeven - USAG

Second Team

Willie Scott - 504th MP
James Daids - DLI, Co H
Jeff Baker - DLI, Co G
Rudy Russell - USAG
Tyrone Turner - DEH

Post Soccer Team

The Presidio Post Soccer Team lost a close decision to Dixie I, the leagues third strongest team, Dixie I took an early 3-0 lead. The Presidians battled back to tie the game at 4-4 with 10 minutes left in the game. But Dixie I scored again to prevail. Ventura "Panama" Rodriguez (LAIR) scored three goals. Rod Paradis added the fourth goal and defensive standouts included George Ferguson (USAG) and Chris Brown (LAMC).

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Star Presidian

Vol. 27, No. 13

"Published in the interest of the personnel of the Presidio of San Francisco."

April 5, 1984

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File Photo

Capt. Harvey Shields runs 20 miles a day and has completed 5,000 miles. He plans to gain 10,000 miles by the end of the year.

Lobster Dinner

See page 3

Soldiers learn how to hit the mark using the Weaponeer, an electronic shooting Device which sharpens their skills. See Page 4 for more on the Weaponeer.

YA Wrestling

See page 7



Photo by Bob Walker

Fitness is first 'Run for Your Life'

By Bob Walker

"Run for Your Life" at Presidio is not part of a military jogging chant, it is a program which military and civilian workers, retirees, reservists and family members may participate in. Children 16 years of age and younger need to have parental consent to participate in the program. It's a voluntary program which develops and helps one to maintain aerobic physical fitness.

You might ask, how does the program work?

First you must go to Gym No. 1, building 63 and fill out an application, DA form 3856-R. There are three phases of the program which you may enter, according to your current state of fitness.

The first phase is a six week preparatory phase. It's geared for those who have not exercised regularly or who might be overweight. It starts you off with walking and works you up to a walk and run combination. It suggests three or four outings a week.

The second phase is the conditioning phase. It's for those who have completed the preparatory phase or for those who exercise regularly, for example for men under 40 years of age who can't run/walk a mile in eight and a half minutes. The goal is to become conditioned and then continue on to the next phase.

The third phase is the sustaining phase. It's for people who are conditioned runners who can run faster times. The goal is to run at least seven to ten miles a week.

The program benefits the heart, lungs and total blood

circulation of the body. This form of exercise is aerobic (with oxygen), thereby helping the military force to become more physically fit.

Robert Darling, a sports specialist here, suggests that all participants should wear good quality running shoes that will cushion the feet and legs. He added that comfortable, loose-fitting clothes or athletic uniforms should be worn. Slow stretching should be done before and after each workout. It loosens up joints, ligaments and muscles, therefore increasing one's flexibility. Then as a warm-up and and cool-down an individual should do slow walking before and after each workout.

Other than health incentives, the program also provides certificates and patches. Upon achieving various distance totals, awards are presented. Awards are given for 50, 100, 200, 300, 400, 500, 750, 1000, 2500, 5000, 7000, and 10,000 miles. Credit for awards will be transferred to new duty stations upon request.

How is the mileage recorded and how much may be received for running?

The individual keeps track of their own efforts, recording the date run, the distance run and the time it took. Up to five miles a day of credit may be received.

The "Run for Your Life" program is great conditioning. It will even condition you for the day that you might run out of ammo on the battlefield, so that you will be able to "Run for Your Life."

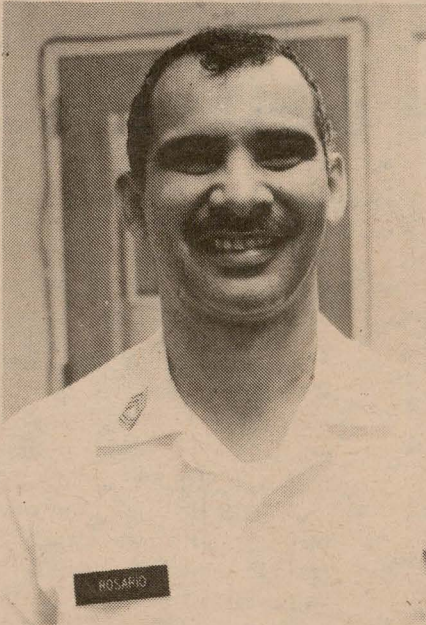


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Opinions

Ramblin' Sam

"What would you do if you had a million dollars?"



MSgt. Wilfredo Rosario, nutrition care division NCOIC, LAMC, "I'd buy a good \$300,000 house and a good car. I'd quit the U.S. Army."



Stacey Martin, dietitian technician, LAMC, "I'd be out of here in two minutes flat. I'd buy a house and travel alot."



Sp4 Gerardo Velasco, personnel records specialist, COMPACT, "I'd buy a beautiful house, expensive jewelry for my wife, a 450SL Mercedes, and most of all, I'd get out of the Army."



Capt. John Phillips, chief of personnel branch, DCSPER, 6th Army, "I'm getting married in a week so you'll have to ask my wife."

Children need love; not abuse

By Robert Stacy

Each year more than 100,000 children suffer some type of sexual abuse. In many cases, the victim is female and the offender is male. Who is the typical offender? In over one-third of the sexual abuse cases involving children, the offender is known to the child and the child's family. In other words, the abuser is often a parent, relative, or close friend. Because children are so trusting and defenseless, they are especially vulnerable to sexual assault.

HOW TO RESPOND:

Children often make up stories, but they rarely lie about victims of sexual assault. If a child tells you about being touched or assaulted, take it seriously. Your response helps determine how the child will react to the abuse. Stay calm. Explain that you are concerned about what happened, but not angry with the child. Many children feel guilty, as if they provoked the assault. Children need to be reassured that they are not to blame and that they are right to tell you what happened.

Sometimes, a child may be too frightened or confused to talk directly about the abuse. Be alert for

any changes in behavior that might hint that the child has suffered a disturbing experience:

- is the child suddenly more withdrawn than usual, refusing to go to school and afraid to be alone?
- is the child having trouble sleeping, waking up with nightmares, or wetting the bed?
- is the child complaining of irritation of the genital areas?
- are there signs of increased anxiety or immature behavior?

HOW TO HELP:

In a reassuring, calm tone, find out as much as you can about the incident. A child with physical injuries should be taken immediately to a doctor or emergency room. Sometimes, the child may need to be treated for VDJ or checked for pregnancy.

Like rapists, most child abusers are repeat offenders. They do not stop with just one incident. So bring the matter to the attention of your local Military Police or child protection agency.

The court may issue a restraining order so the offender will not be allowed to see the child again. It

is important that parents allow the courts to prosecute the offender, because most offenders will not seek help voluntarily. And unless someone takes action the abuser will seek other victims.

If your child is abused, or if you are seeking help for someone who has assaulted his or her children, you can contact these groups:

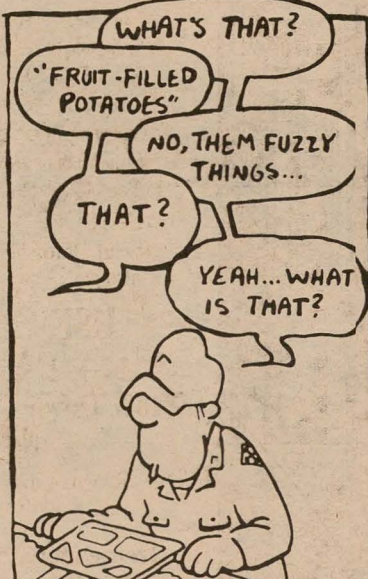
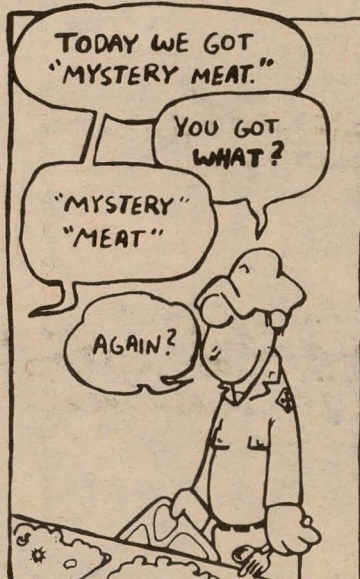
National Center on Child Abuse and Neglect, Children's Bureau/Administration for Children, Youth and Families, U.S. Department of Health and Human Services, P.O. Box 1182, Washington, D.C., 20013.

Parents Anonymous, Self-help groups in over 800 locations for parents who are abusive to their children. Weekly group meetings are held free of charge. Toll free number: 800-421-0353. In California: 800-353-0686.

If you want more information on child abuse prevention, the facts about child abuse, or the kinds of programs that can help the abused victim, you can contact the Military Police at 561-2252/2253. Help is also available from LAMC Social Services by calling 561-2174.

Pulaski

by Gauldin



The **Star Presidian** is published weekly by Specialty Graphics as a civilian enterprise in the interest of the military and civilian personnel at the Presidio of San Francisco, California.

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Richard Ford, Publisher
Bettie Owen, Advertising Director
David McGhan, Account Executive

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Lobster: specialty dinners at 170th shrimp, scallops, seafood for all

By Bob Walker

It looked like Fisherman's Wharf at Fort Scott recently as the 170th MP Company dining facility provided a seafood menu for soldiers here.

The idea was that of food services sergeant, SSgt. Thomas Brandys. "Sixty days ago I started planning the occasion. It took 90 manhours for the cooks to prepare and cleanup, not including the KPs."

The shrimp we purchased the end of December, the scallops the end of February and the lobsters in March. Tablecloths were borrowed from the NCO Club, and the candles were supplied by the 170th MP Co. Unit Fund. Each cook chose different menu items to prepare. They worked on their own time preparing the decorations and garnishes."

Are more specialty meals being planned?

Brandys said, "We are going to have more specialty

meals. At this time we don't know how frequently they will be. We have to work with food services to obtain special food items."

About 200 soldiers enjoyed the seafood menu. Here's what some of them had to say about it:

"The lobster and broccoli were really good. They are my favorites," PFC Clifton Williams said.

Sp4 Alan Edmunds said, "Get the shrimp scampi. It's great."

Sp5 Pat Barham said, "The lobster is good."

Brandys said, "We got a lot of good reaction from it. Both Capt. Jerome Duiguid, our commander and 1st Lt. James Laughlin, our dining facility officer wanted the special seafood menu as a morale booster."

So soldiers — keep your eyes and ears tuned in for news of the next specialty menu at the 170th MP's dining facility.

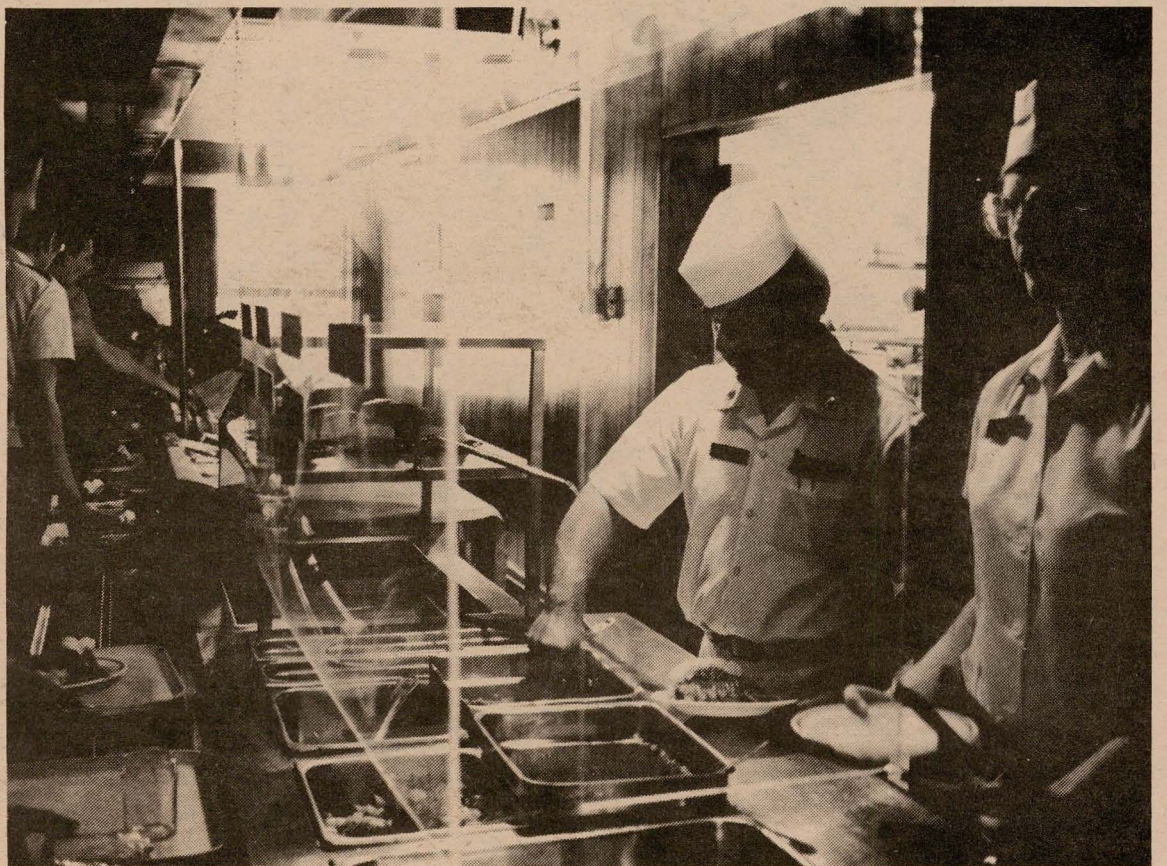


Photo by Bob Walker

Soldiers swarmed into the 170th MP Co. dining facility to be partakers of a seafood specialty meal served recently by the facility.



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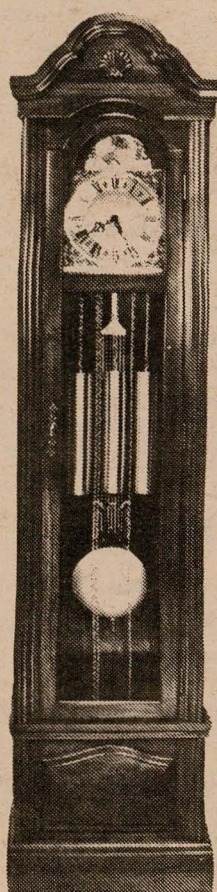
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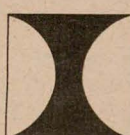
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SSgt. Arnold Jones sights in on The Weaponeer during training of NCO's for various units on the post.

Photos by Bob Walker

The Weaponeer works

By Bob Walker

Presidio soldiers who were at Camp Parks Monday and Tuesday, took turns shooting at what appeared at first glance to be a shooting gallery.

In reality, they were training on The Weaponeer. SSgt. Richard Hurlburt, ammunition NCO and Weaponeer trainer at DPTSEC said, "The Weaponeer is an M-16 training device, that simulates range firing, to include zeroing. It is used in remediation or retraining the soldiers during zeroing and qualification. It utilizes a non-restorable M-16 and a simulated range up to 250 meters, along with a 25 meter zeroing target. It also has a video screen to show the soldier exactly what he's doing."

The Weaponeer has been in the Army system for about one and a half years. Selected NCO's from active component units here have received training on The Weaponeer, so as to train members of their own units.

"It has been proven that The Weaponeer improves overall rifle marksmanship. Soldiers who had a difficult time qualifying after training with The Weaponeer found out what they were doing wrong, so that they can eliminate those problems and qualify," Hurlburt said.

According to Hurlburt, The Weaponeer has a sensor on the rifle which picks up the center of mass on the target from a light emitting diode. The system is portable — and can easily be put back together in a minimal amount of time with only two or three people. The Weaponeer can be signed for by any installation tenant units and then brought back to Presidio for training of soldiers here. LAIR has already done so, having used it for training for an entire week.

The Weaponeer is fun, as are shooting galleries, but valuable training is the end product of the device.



SSgt. Richard Hurlburt, instructor for the Weaponeer, points out shot pattern and action on the video screen which tells the story of what the firer's problems are.

'Year of Action' Goals met in March

The 'Year of Action' is a new Presidio program designed to serve as a rallying point like the Army's 'Be all you can be' slogan.

During October an Executive Off-site conference was held in Reno, Nev., missions, goals and objectives were set for the Presidio, with directorates forming their own goals.

Below are a few highlights of the 'Year of Action' goals achieved in March. (Editor's Note: Several directorates were unable to provide some goals met during March since they are underway at this time and will be completed at a later date after publication. There are many goals in which the suspense dates fall later in the month of April and should be seen in the April review of 'Year of Action' goals met by the Presidio.)

Received Commanding General's In-service Recruiters Award — **PMO**

Received Commanding General's Reenlistment Award — **PMO**

Coaxial cable paths have been drilled and additional telephonic communication lines were installed on Headquarters and Civilian Personnel Of-

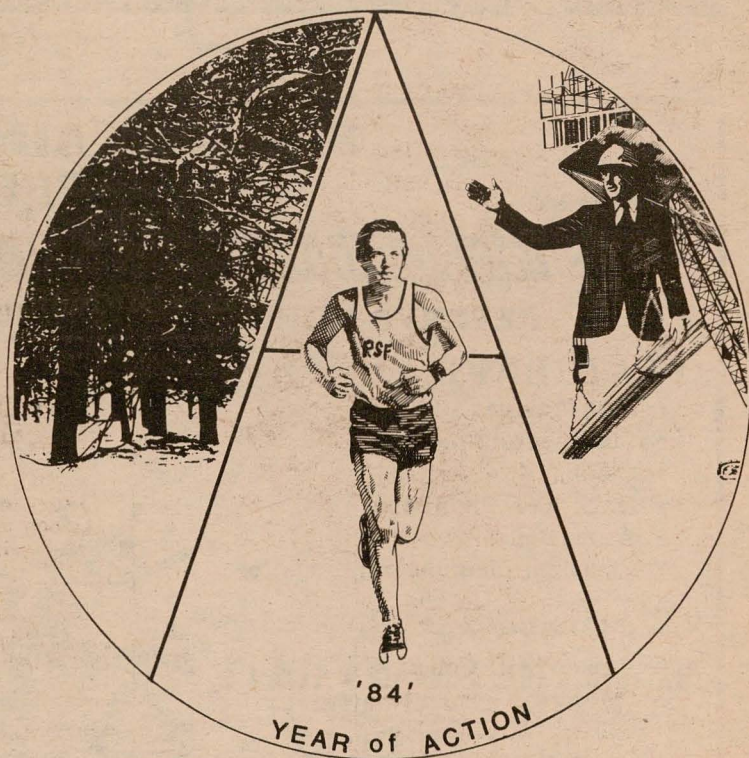
fice buildings to link these areas to the AMO computer — **AMO**

Elements of Directorate of Personnel and Community Activities operational efficiency were enhanced by completion of in-house training courses of ANSI, COBOL, OS, MVS, JCS and VS software — **AMO**

Development of a more efficient method for processing of Household/damage claims so actions may be completed in one day — **SJA**

Successful initial printing of "...the write stuff..." A CR-related column dealing with activities/interests at the Presidio and in the Bay Area which may be of interest to a segment of the Presidio audience. This meets the requirement to expand the consciousness of Presidians to involve themselves in the community activities and be better neighbors — **PAO**

Construction of a survey to go to staff personnel to solicit information on their local service club memberships and interest. In this way we met the objective of knowing more about Presidians — their community involvement and gain new participants in the Speakers' Bureau — **PAO**.



Community Calendar

Passover Festival

The Jewish Festival of Passover is celebrated for eight days. This year it begins at sunset, Monday, April 16 and concludes at sunset, Tuesday, April 24, 1984.

Passover, the Spring Festival, celebrates Israel's deliverance from Egyptian bondage. It is a joyous family holiday; it is rich in story, in symbolism, and in ritual. Above all, it calls attention each year to the yet unrealized dream of freedom for all mankind.

Oppressors come and oppressors go, but the ideals of freedom outlast the changing fortunes of history. This is the spirit and message of Passover, the Festival of Freedom and Redemption which Jews will once again celebrate.

A Seder Service and Dinner for Jewish military personnel and their families will be held on Tuesday evening, April 17,

1984, at 7 p.m. For information please call Ms. Ruth Callmann, LAMC, 561-4397.

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Inn Guide and Directory for the Bed and Breakfast Association of Napa Valley. Cost \$1.00.

Gift Check Book. Cost \$5.00.

For additional information, please contact the Recreation Center at Ext. 2000 after 2:00 p.m. Hours of operation are: Tue., Wed., Thu., Sun., and Hol. 2:00 p.m.-9:00 p.m.; Fri. and Sat. 2:00 p.m.-10:00 p.m. Closed Monday.

REC CENTER NEWS

Active duty, retired military, and DOD Civilians and their spouses will have the opportunity to sell personally owned used merchandise or handcrafted items at a Flea Market at the Log Cabin on April 28 from 11-4 p.m. New commercially manufactured items may not be sold. The seller must be the maker of the handcrafted items. Individuals having a city and/or state business tax number are not authorized as vendors.

A \$5 fee will be charged per selling space (one banquet table). There is a limit of two spaces per vendor. Personally owned tables may not be used.

Reservations must be made in person at the Presidio Recreation Center and will be on a first come, first serve basis. There are 24 spaces available.

An area in the parking lot will be reserved for selling a car, travel trailer, etc. There will be no charge for a parking space. Reservations for a

parking space may be made by calling 561-2000.

April 7, Los Gatos Wine Tour — \$7.50.

April 14, Great America Tour — \$15, departs 10 a.m., returns 6 p.m.

April 21, San Francisco Cherry Blossom Festival Tour — \$3.

Volunteers Needed

Research volunteers are needed on a part-time basis to study heat rash (prickly heat). Volunteers must be over 18 years of age and in excellent health. Other requirements may apply. Studies will be conducted at the Letterman Army Institute of Research. If interested, contact Col. Black or SP5 Freda in building 1110 or telephone 561-5485/2091 during duty hours.

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First quarter blood donations at the Presidio amounted to 383 units of blood. Winners of the incentive awards are:

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Free Bowling -

SFC Jack Dee, DPCA

PFC Rick L. Cole, 864th Engr. Bn.

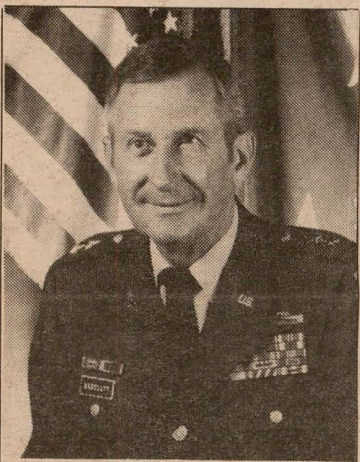
SFC Horace Franklyn Jr., USACC.

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Ms. Ramona Shear, 6th Army

SP5 Clifton Craig, Comptroller.



Sixth Army Deputy to Command Colorado Fort

The Secretary of the Army announced today that Major General Gerald T. Bartlett, deputy commander of the Sixth U.S. Army, Presidio of San Francisco, will assume command of the Army's 4th Infantry Division at Fort Carson, Colo., on April 13.

General Bartlett who also now commands the Army Readiness and Mobilization Region IX comprising five western states, will assume management of more than 21,000 personnel on the central Colorado post which has a yearly economic impact of approximately \$425 million. He succeeds Major General T.C. Jenes, Jr., who has been nominated for promotion and reassignment.

General Bartlett was born in Stockton, Calif., and was raised in Marin County, north of San Francisco. He is a graduate of San Jose State University and has a master of science degree in Public Administration from Shippensburg State College, Penn. He also graduated from several military schools including the United States Army War College and the Australian Staff College.

General Bartlett served two tours in Germany, two in Vietnam and one in Saudi Arabia.

At the movies

Presidio Theatre

April 5	Reckless (R)	7 p.m.
April 6	Reckless (R)	7 p.m.
April 7	Wargames (PG)	2 p.m.
April 8	Blame It on Rio (R)	7 p.m.
April 9	Blame It on Rio (R)	7 p.m.
April 10	Blame It on Rio (R)	7 p.m.
April 11	Slayground (R)	7 p.m.

Schwartz Theatre

April 5	D.C. Cab (R)	7 p.m.
April 9	Reckless (R)	7 p.m.
April 11	Blame It on Rio (R)	7 p.m.

Presidian Review: In *Blame It on Rio*, magnificent Rio is the setting for a raging romance between a vacationing executive and the lustful daughter of his best friend and business partner.

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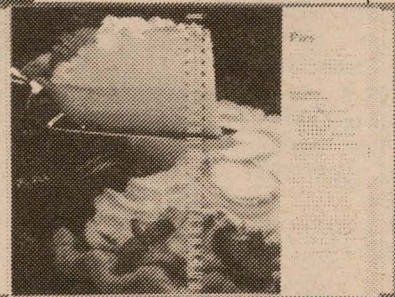
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Sports

Jimmy the Freak; picks The National League

I've been busier than a one-armed paperhanger fending off critics concerning my predictions last week. I can't help it that Kansas City has a collection of bow-wows for a team, or that Minnesota makes even the USFL look like professionals! Since most "native" San Franciscans are those people who moved here from the East Coast over five years ago, I should make a lot of natives unhappy with this week's picks of the National League East.

Montreal - a beautiful city with a team that has enough talent (although overpriced) to win in this less-than-titanic division. If Steve Rogers recovers from his arm miseries, and the rest of his teammates

play up to 50 percent of what they're being paid, the Expos could host the first World Series game outside the U.S. I wonder about their front office, however. How could anyone trade an Al Oliver for a pitcher with a well-known sore arm? I wonder if they even knew he was right handed? Oh, well...c'est la vie.

St. Louis - an ugly city with a team that has enough talent... you get the picture, don't you? Without any power hitters, this is one team that must depend on **all** of its players having superb years in order to win. If the Cardinals had a little better pitching staff, I would pick them to win the division. Besides, how much

respect can you have for a team led by a guy named "Whitey"? Not since we all watched Beaver Cleaver.

Philadelphia - this is a team that hid its weaknesses until the Orioles dragged them into the limelight in last year's World Series. Paul Owen, their manager, has a great amount of experience, but watching him you have to believe that his father mated with a turkey. One morning he woke up thinking that he'd gone blind, only to discover that he fell asleep wearing a turtleneck sweater! A really ugly city with a team that has enough talent...

Pittsburgh - The Boston Red Sox of the National League—lots of hitting and very little

pitching. Chuck Tanner is a class act as manager. He always finds a way of fielding a team that plays better than the experts expect. John Candelaria may be the most expensive non-worker since Warren G. Harding.

Chicago - based on reports of their heavy-drinking pitching staff, this team could be called "The Gang that Couldn't Walk Straight". Jim Frey is too good of a baseball man to have to put up with the ineptitude he will endure this season. What's "Cubs" spelled backwards? That's right—"Sbuc"—the Yugoslavian word for limp. Need I say more?

New York Mets - If you look really hard at the end of

the very dark tunnel, you can barely make out a very, very minute glimmer of light. That light is from the young, yet talented, pitching staff being put together. Their youngest pitcher may turn out to be the best—Dwight Goodens. For this year, however, there will still be more losses than wins...in fact, many more losses. You still have to score more runs than the opponents to win. Or, at least, it used to be that way when I played baseball (way back in the days when spikes were made of metal and you nailed and taped together those bats that broke when hit "against the label").

Sports briefs

Post Boxing

An exciting night of boxing competition is in store for fans at the Post Boxing Invitational on April 13, 1984, 7 p.m. at Post Gym #1, Bldg. #63. There will be bouts in various weight classes featuring boxers from the Presidio of San Francisco,

Ft. Ord, U.S. Navy and various boxing clubs in the Bay Area.

The past events have proven to be exciting as a full house of rabid fight fans have cheered on their favorite boxers. The Presidio boxing team is in serious training for their

"home meet" and will be out to impress the local fans.

Coach Ray Mey has six boxers practicing at Post Gym #2 every evening during the week, with bouts scheduled on weekends.

The main event of the invitational will feature Willis Rutherford (USACC). He is a veteran fighter with talent, who will please the crowd with his style and courage. His past experience (Golden Gloves, FORSCOM tournament, U.S. Olympic training center) will propel him to the winners circle.

The boxing matches are open to the public and are free. Do come early for good seats as the gym fills up very quickly for this exciting entertainment.

Outdoor Rec.

NEW HOURS OF OPERATION: Effective April 1, the Outdoor Recreation Check-Out Center will be open as follows:

Monday thru Friday — 8:30 a.m. - 5:00 p.m.

Saturday, Sunday and Holidays — CLOSED

Due to time involved in briefing, hook-up, tie down and inspection of RV's, recreation trailers, boats and canoes, hours for pick-up and return are 8:30 a.m. to 3:00 p.m., Monday thru Friday.

SKI LIFE COUPONS PURCHASE/REFUNDS: Last day for purchase/refund of Alpine Meadows and Squaw Valley Ski Lift Coupons purchased from Outdoor Recreation is May 1.

DELINQUENT EQUIPMENT: Individuals renting equipment from Outdoor Recreation are reminded that it is the users responsibility to return equipment on time. Double rental fees go into effect on all rental equipment the day following the due in date. Extensions will be granted, however, extensions will not be permitted unless the user calls Outdoor Recreation at 561-4324 to extend.

REMINDER: Sponsors or spouses of sponsors must sign for all equipment and make all reservations.

For additional information, call or come by Outdoor Recreation, 561-4324, Bldg. 92.

YA Baseball

YA 1984 BASEBALL SEASON: Youth Activities Baseball Season is swinging into action starting in April. To sign-up you may come by the office in building 122 or come by the Main Post Gym April 7 from 9:00 a.m. to 11:30 a.m. The registration fee is \$10.00 and a

birth certificate is needed for verification of age. Try-outs will be held on April 7 at the Pop Hicks Field in the afternoon.

Minor League: ages 7-10, 1:00 to 2:30 p.m.

Major League: ages 11-12, 2:30 to 4:00 p.m.

Junior League: ages 13-14, 4:00 to 5:00 p.m.

So, don't miss out on your turn up at bat...Sign-up now. Contact Youth Activities for more information at 561-5143.

Girls softball

YA SOFTBALL: (ages 12, 13, and 14) Sign-ups for YA Girls' Softball can be done by coming by the office in building 122 or on April 7 from 9:00 to 11:30 a.m. Registration fee is \$3.00. For further information contact the YA office at 561-5143.

Jazz Dance

Classes for Youth Activities Jazz Dance are on Tuesdays and Thursdays from 5:30 to 7 p.m. at the Log Cabin. These classes are ongoing, so you may pay a monthly fee of \$35 for eight classes or a drop-in fee of \$5 for one class. Classes are for teenagers 13 to 18 years of age and performances/recitals are given throughout the class.

For more information, please call the Youth Activities office at 561-5143.

Golf tourney

Active duty soldiers are invited to participate in the 21st Annual Southeast Military Invitational Golf Tournament May 1 - 4 at Jacksonville, Florida. Competition is limited to five man teams for the 72 holes and the cost is \$15 per team. All expenses for the event will be paid by the individual teams. Entries must be submitted NLT April 24. For more information, contact the MSAD Sports Branch, building 36, at 561-4120.

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Name	Win	Loss
LAIR	2	0
LAMC	2	0
G.G. RESERVE	1	1
170TH MP	1	1
504th MP	0	2
USAG	2	0
6th Army	2	0
H Co, DLI	0	4
G Co, DLI	2	2
SJA	0	2

The Sports Branch, MSAD will be conducting a Red Cross Adult beginning swim class Monday and Thursday evenings from 7:30 to 8:15 p.m. for a period of eight weeks starting on Thursday, April 19 through June 7, 1984. Class is free for all personnel authorized to use the swimming pool, however priority will be given to military personnel. There will be no open swimming after 7:30 p.m. on these nights. For registration and information call Allen Posey at the Post Swimming Pool 561-3673.

YA wrestlers take top honors in SF competition

By Bill Sondervan

The Youth Activities wrestling program came to an end Saturday. It was the culmination of a three month program that concluded with three successive Bay Area Wrestling Association Tournaments. At the beginning of the wrestling program most of the kids had no wrestling experience at all. They only had a desire to learn. The practices were hard and the coaches were tough. The discipline was the hardest most kids had ever been exposed to. The philosophy of the program was to develop self-confidence, agility, team work, discipline, esprit de corps, muscular coordination, pride, and a competitive spirit in the children as well as to teach technical wrestling skills. The children were taught high school, collegiate, and olympic freestyle wrestling. All the children developed exceptionally well. Some developed into accomplished wrestlers capable of competing with the best, while others devel-

oped the courage to compete with much more experienced opponents. All the children learned a great deal about themselves and their own abilities. The program concluded with three olympic freestyle wrestling tournaments. Olympic freestyle is the hardest and toughest of them all. With 13 regular contestants the Presidio of San Francisco Spartans finished the three tournaments with one first place, eight second places, and 14 third place medals.

The parents of the wrestlers deserve to be proud of their children's accomplishments. The team will have a picnic on April 21 at Baker Beach as a final get together. The wrestling program will be continued and will start again in January 1985. A special thanks should go to Sp4 Dan Martin and Cpl. Jim Cross who gave freely of their time, to coach the teams and to parents who attended the matches in support of the wrestlers.



YA wrestler Michael Louwas (top) battles for position in the BAWA tourney. Photo by Bill Sondervan

ADS WORK



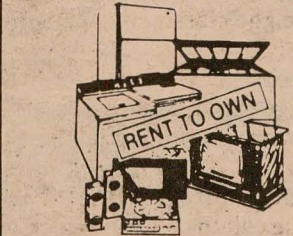
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Star Presidian

Vol. 27, No. 15

"Published in the interest of the personnel of the Presidio of San Francisco."

April 19, 1984

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Military children recognized

By Bob Walker

Children will be seen in great numbers Saturday as the annual Youth Activities Easter Egg Hunt takes place at the Paul Goode Field. It begins at 10 a.m. and is part of the "Month of the Military Child" program this year. The Easter Bunny will be on hand, and "Month of the Military Child" balloons will be part of the decorations.

Secretary of the Defense Caspar Weinberger said, "In recognition of the essential role that military child care services and youth activities play in the life of military families, I declare April 1984 'The Month of the Military Child.'"

Presidio has so much going on for children year around, that the "Month of the Military Child" seems to be a way of life here.

There was an Open House at the Child Development Center (CDC) and Youth Activities (YA) facilities on April 4. It featured program displays in CDC and the Girl Scout House. It also included a slide show on CDC's programs, YA wrestling and gymnastics demonstrations and a book sale. An Open House was also held at the Boy Scout building on April 4 and on April 6 at the Parent-Youth Club building. John Gunnarson, director of Child Development Services (CDS) said that 400 people attended the Open House activities.

From April 23 to 29 an art display will be exhibited in the Main PX mall area. Several types of art will be displayed, showing the talents of Presidio children.

Gunnarson said that the Army has a new emphasis on the family, to support family member needs. CDS provides the children's needs by teaching and training. Children are able to develop special skills. Parents are able to do a better job at their duty station, knowing that their children are learning and growing.

"There has been a tremendous growth in the last two years. We've added another building to CDS. Construction of a new building comprising

approximately 18,750 square feet could begin as early as 1985," Gunnarson said.

He added that "Like all children, military children need a positive, nurturing environment. They need to grow and to be stimulated. Military parents need high quality child development care at a reasonable cost to enable the parents to maximize their efforts on the job in their duty station. CDS fills that need."

YA will have its opening day baseball ceremony at 9 a.m. Saturday, April 28 at Pop Hicks Field as part of its "Month of the Military Child" activities. There will be a Parent-Youth Club dance on April 28 at 7:30 p.m. at the Log Cabin.

YA has a wealth of activities going on throughout the year for children. They have Boy Scouts, Girl Scouts and Cub Scouts, cheerleading, wrestling, baseball, soccer, bowling and basketball. They have classes in guitar, gymnastics, ballet, jazz dance and ballroom dance. There is also the Aquarius Swim Club, the Parent-Youth Club and the recycling program.

YA will have a summer program similar to last year's, according to Bart Porter, YA director. Last year the program included arts and crafts, tennis, teen auto classes, teen computer operations, weight training, racquetball, theater arts, fencing, junior boxing fundamentals, SF State Sports Day Camp and swimming classes.

The Recreation Center also seems to have a lot going on. They will have a Great America Tour on April 28 from 9 a.m. to 6 p.m. Cost is \$15.

Other Recreation Center activities include piano lessons, computer training, pool tables, cookouts and various trips and outings.

Outdoor Recreation has two picnic areas. One is at El Polin Spring at the end of MacArthur Blvd. Facilities include tables and grills to accommodate about 50 people. Another picnic area is at Rob Hill in the Ft. Scott area. It will accommodate up to 60 people. It is frequently used by Boy Scouts

and Girl Scouts from all over the world for camping. Families and organizations may use either facility by making reservations through Outdoor Recreation at 561-4324.

Outdoor Recreation rents all kinds of equipment useful for family fun. They have tents, stoves, lanterns, heaters, ice chests, water coolers, cook sets, backpacks, sleeping bags, cots, canteens, grills, folding tables, stools and ponchos for camping.

They have boats, motors, trailers, canoes, rafts, water skis, life jackets, anchors, oars, windsurfers, and surfboards for water sports. Outdoor Recreation also has rods and reels, landing nets, crab nets and waders for fishing enthusiasts.

In the way of winter sports, Winter Recreation has both downhill and crosscountry

skis, poles and boots, children's skis, cartop carriers, toboggans, and snow disks. Other equipment available are bikes, chains and locks, cartop carriers, rollerskates, skateboards, metal detectors, golf clubs, golf carts, archery equipment, tennis racquets, volleyball and badminton equipment and softballs, bats and gloves.

Outdoor Recreation has other things for family fun, such as camper trailers, RV's, and condominiums at Lake Tahoe. For details, call 561-4324, for activities to suit your family's needs.

The Provost Marshal is planning a bike rodeo, bike safety and bike ID activity soon. Details will be forthcoming.

The MP's have given crime prevention classes and have fingerprinted several hundred children recently. McGruff is often seen at such activities.

There is an Explorer Post which trains young people 14-20 years of age in law enforcement. Such career oriented training includes radar, fingerprinting, firearms and camping — giving first-hand exposure to law enforcement. It is coeducational and is affiliated with the Boy Scouts of America. For more information call SFC Bernard Cannon at 561-5011.

The Main Post Library also has a great concern for youth. One program available is the pre-school nursery hour with Cheri Goldberg, who has read to the children and taught them arts and songs for over 13 years.

Presidio should be extremely proud, especially during this, "The Month of the Military Child," as programs see to the needs of youth from six weeks to 20 years of age.

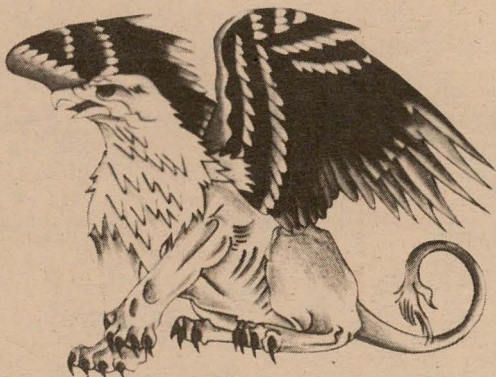


Photo by Bob Walker

Cheri Goldberg shows children how to make a Thanksgiving turkey decoration using their hand as a pattern, as part of her pre-nursery story hour activities at the Main Post Library.

Tattoos

See page 4



Tomb of the Unknowns

See page 6

GI Benefits

See page 6

Maintenance competition

See page 6

Boxing

See page 7

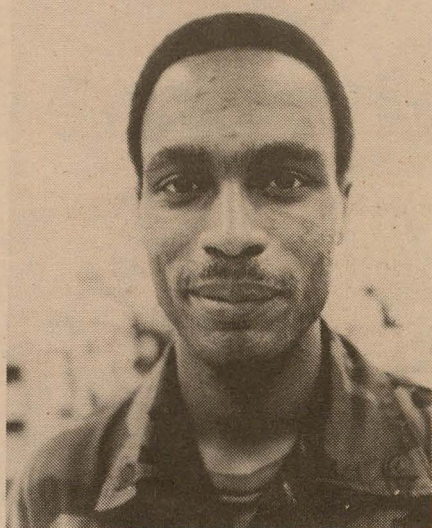


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Opinions

Ramblin' Sam

"If you couldn't live in the United States, where would you want to live and why?"



Sp5 Wayne Thompson, x-ray specialist, LAMC, "Heaven, because that's where God is."



SSgt. Sandra Reyes, battalion training NCO, 504th MP Bn., "I'd live in the Bahamas because it's warm, has sandy beaches, clear blue water and I'd feel like I was on a vacation 365 days out of the year."



Rebecca Smith, family member, "Europe because as a military family member you can at least get a job there. Also I like the climate. You can do a lot of inexpensive travel. It's a more leisure life there."

...the write stuff...

By Richard Wetzel

Good news for all you baseball fans out there. You can now attend the San Francisco Giants games free, in the general admission seats, Monday thru Friday, by simply showing your military ID card at Candlestick Park's box office. The offer includes both day and night games ... A big, hearty thanks goes to the United Service Organization (USO) Bob Lurie, owner and president of the S.F. Giants ... So, now that you're aware of that, did you know there's a game tonight and tomorrow night at Candlestick versus the Cincinnati Reds?... "OK," you say, "I can get in free and I can go this week, but how do I get there?" Ah, very simple ... Catch the Daly City Muni bus No. 28 at the Golden Gate Bridge, ride to the corner of California and Park Presidio, and from there, ride the Express No. 28 to Candlestick Park ... Or you can ignore my directions and call Muni yourself at 673-6864 ... Or you can drive your car ... or you can get a ride with a friend ... or you can stay home and miss all the fun ... Whew!!!

QUOTE OF THE WEEK —
"Give me a second and I'll get back with you in a minute."

.....

The Supply and Services Branch, Bldg. 901, announced that the sewing on of subdued insignia and name tapes to initial-issue BDU's and field jackets has been resumed free of charge. Unit supply sergeants are advised to follow established SOP. POC is Mrs. Craig, ext. 2259 ... The Presidio of San Francisco Newcomers Orientation Briefing will be conducted in the Post Chapel, located on Fisher Loop, from 8 to 11:30 a.m., Tuesday, May 15. Soldiers assigned to Headquarters Command Battalion (PROV) who have not previously attended this briefing are required to do so at this time ... Future briefings will be held at the Post Chapel on the third Tuesday of every month ...

.....

Where there's smoke, there's fire; where there's clouds, there's rain, and where there's music, there's feet-tapping ... or something like that ... ANYHOW ... maybe you'd like to tap your

foot and play the kazoo at the 18th Annual U.C., Berkeley, Jazz Festival on Memorial Day Weekend, 1984. The festival offers two shows, Saturday and Sunday, May 25 and 26, at U.C.'s Greek Theatre. Both shows start at 12, Noon, and feature such guests as The Generation Band, Earl Klugh, Betty Carter Trio, The Clark/Duke Project, Tete Montoliu and a host of others ... The Warfield Theatre presents James Taylor, May 10, and Patti Labelle, May 11 ... The Circle Star Theatre, San Carlos, offers Luther Vandross for a three night performance, April 27-30, and Charley Pride, May 11 ... And, least we forget, Joe Jackson rocks the S.F. Civic Aud. on May 17 ... For ticket info, check with major ticket outlets ...

Research volunteers are needed on a part-time basis to study heat rash (prickly heat). Volunteers must be over 18 years old and in excellent health. Other requirements may apply. For more info, contact Col. Black or SP5 Feda in Bldg. 1110, or call ext. 5415/20;91 during duty hours.

"There's a mighty big difference between good, sound reasons and reasons that sound good ... Thank-you Burton Hills for that "sound piece of advice"...

IT'S A BIRD, IT'S A PLANE, NO IT'S SUPERMAN ... WAIT A MINUTE, NO IT'S NOT EITHER ... Hot air balloon rides over Napa Valley depart every morning from Yountville. Reservations are needed. For cost and directions, call (707) 253-2224 ... The Cherry Blossom Festival is Saturday at the Japan Center, Post and Buchanan Streets, from 11 a.m. to 5 p.m. The festival features Taiko performances, martial arts demonstrations, Japanese dancing and many exhibits. Call 922-6776 for more info.

On December 3, 1982, the United Nations General Assembly proclaimed the period of 1983-1992 as the Decade of Disabled Persons ... Maybe we should have announced that one a bit earlier ...

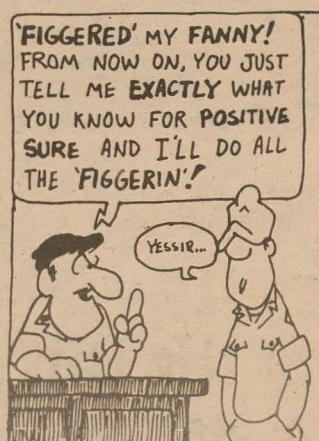
EFFECTIVE IMMEDIATELY ... The Outdoor Recreation Check-Out Center announces new operating hours as

follows: Monday thru Friday, 8:30 a.m. to 5 p.m., closed Saturday, Sunday and holidays. Due to time involved in briefing, hook-up, tie down and inspection of RV's, recreation trailers, boats and canoes, hours for pick-up and return are 8:30 a.m. to 3 p.m. ... And while we're on the subject, classes on Boat Operation and Safety for the 1984 boating season will commence Wednesday, April 25 at 5 p.m. at the O.R., Bldg. 92. Authorized individuals who anticipate using boats with motors from O.R. MUST attend one session prior to checking out boats. There will be NO EXCEPTIONS to this policy ...

How many times have I used the word "info" this week. Anyone have any better word to use? The I, N, F, O, letters are my typewriter are wearing out!!!

CALL ME FIRST ... OK folks, just where do all of you go for your dose of entertainment? Let me know about those events you attend or clubs you belong to. Let's get the word out! Call me at ext. 2006 ... That's all!

Pulaski by Gauldin



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Tattoos: Permanent pictures, designs Getting under your skin

By Pat Barham

According to the Random House Dictionary: Tatoo is defined as 'the art or practice of marking the skin with indelible patterns, pictures, legends, etc.; to put (designs or pictures) on the skin.'

This may sound disgusting to some individuals but the art of Tattooing has evolved from a crude representation drawn on the skin to an artform accepted by today's society.

In times past tatoos were associated with members of the armed forces, and often undesirable persons within our social circles. People who received tattoos ranged from bikers, prostitutes and gang members to drunks and others who were rough and tough. But today, tattoos have developed into a serious artform used for cosmetic and beautification purposes.

The tattoo itself may be applied to many different ways. Its earliest beginnings date back to ancient oriental cultures when artists used crude instruments to prick the skin and then place dyes made from roots, stones onto the skin. This in effect let the dye seep under the wound and when the skin healed a tattoo was formed.

This process usually was quite painful and took a great deal of time to accomplish. Slowly as modern technology developed the art of tattooing moved upward so the older method of application was replaced by electrical devices which apply the dyes under the skin.

The old process of applying the dye caused many problems for obvious reasons. Disease and infection were often the norm rather than the exception and the design or picture generally became infected. For this reason this artform was shunned by most individuals.

Many things have changed in the business. Now automatic gun like equipment operate quickly and almost painlessly placing the colored dyes under the skin. The dyes themselves have been improved to the extent that they are commercially produced chemical pigments controlled by health regulations.

Though the form of tattooing and the equipment has changed over the years one fact remains constant; the pictures or designs made by the artist are permanently applied underneath the skin. This simply means tatoos are permanent.

Serious consideration should be taken when an individual determines that a tattoo is warranted. Some individuals consider getting tattoos for cosmetic reasons. According to Pat Martynuik a tattoo artist on Geary Blvd. in San Francisco, "A lot of people come in to get tattoos for cosmetic reasons. I have restored pigment for people who for one reason or another had a lack of it. I have even replaced eyebrows for women who had none or were in accidents and the eyebrows needed restoring."

"Lots of people are allergic to jewelry and want some kind of decoration. A bracelet, chain or earrings can be tattooed onto the skin eliminating the need for jewelry to be worn," said martynuik.

Martynuik has been in the tatoo business for about 30 years. "I hung around the water front in Vancouver, BC became interested in tattooing. I got my first set of equipment from an old artist in exchange for sweeping out his place every day. I began like most individuals practicing on myself or anyone else who would let me tattoo them."

Considered a true artist in his field Martynuik has won several awards for his ability in international competitions, but one piece of advice he gave is important. The art of tattooing has changed in the last 15-years. In this time a lot more people have accepted tattoos as an artform rather than something in a back alley. This is important for many reasons. Now there are health regulations that are strictly enforced and the people who are coming into the shop aren't the same crowd most people associate with the business. For these reasons I encourage people who want tattoos to go to a reputable establishment, rather than doing it themselves.

Martynuik explained that the dyes used now are safe and that many individuals through lack of knowledge believe that any dye or ink can be used. "Some inks contain poisons, chemicals and other things harmful to the body. If you want a tattoo it is better to have it done by someone who knows how to do it right rather than dealing with the consequences of a bad tatoo."

Service members throughout the Bay Area have come into the shop requesting tattoos. "I have one definite rule here. We don't tattoo anyone who is drunk or under the influence of alcohol under any circumstances," said Martynuik. "I want a person who

is getting a tattoo to know what they are doing. I don't want anyone to wake-up from a drunk with Betty plastered on their chest when they are married to a Sally."

There are several other things that service members need to consider before taking that big step toward getting a tattoo. Although the business has changed drastically, there is still the underlying factor that the design is permanent.

According to Maj. (P) Jean T. Jackson, chief of plastic surgery at LAMC, "On occasion we have removed tattoos but this is done on a time and space available basis. I can't guarantee to anyone that the process can be done at any time. Generally the tattoo has to be cut out of the skin and then skit grafts (if needed) may be taken from other parts of the body to cover the surgery. This process is quite painful and leaves scars that are there for life. Actually the patient receives two scars, one from where the tattoo was and one from where the skin grafts was taken. One a tattoo has been applied there will always be something there, a tattoo, or the marks from surgery. The main thing to remember is that attoos are permanent, (meaning something will always be there).

Jackson offers a piece of advice to the would be recipient, "Don't get a tattoo, but if you do make sure it is something you can live with for the rest of your life."

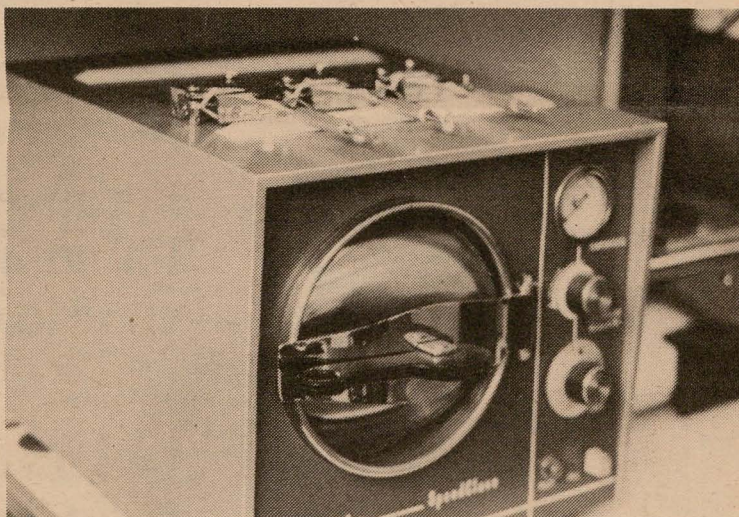
Although the art of tattooing has changed in recent years and even though modern technology has entered the field, the choice of getting a tattoo still lie with the individual soldier. There are pros and cons to every situation but the factor stil remains that if you get a tattoo it is permanent and if you want a tattoo at least go somewhere where the artist knows what he or she is doing and the conditions are healthy and safe.

To get a tattoo or not the choice is yours!



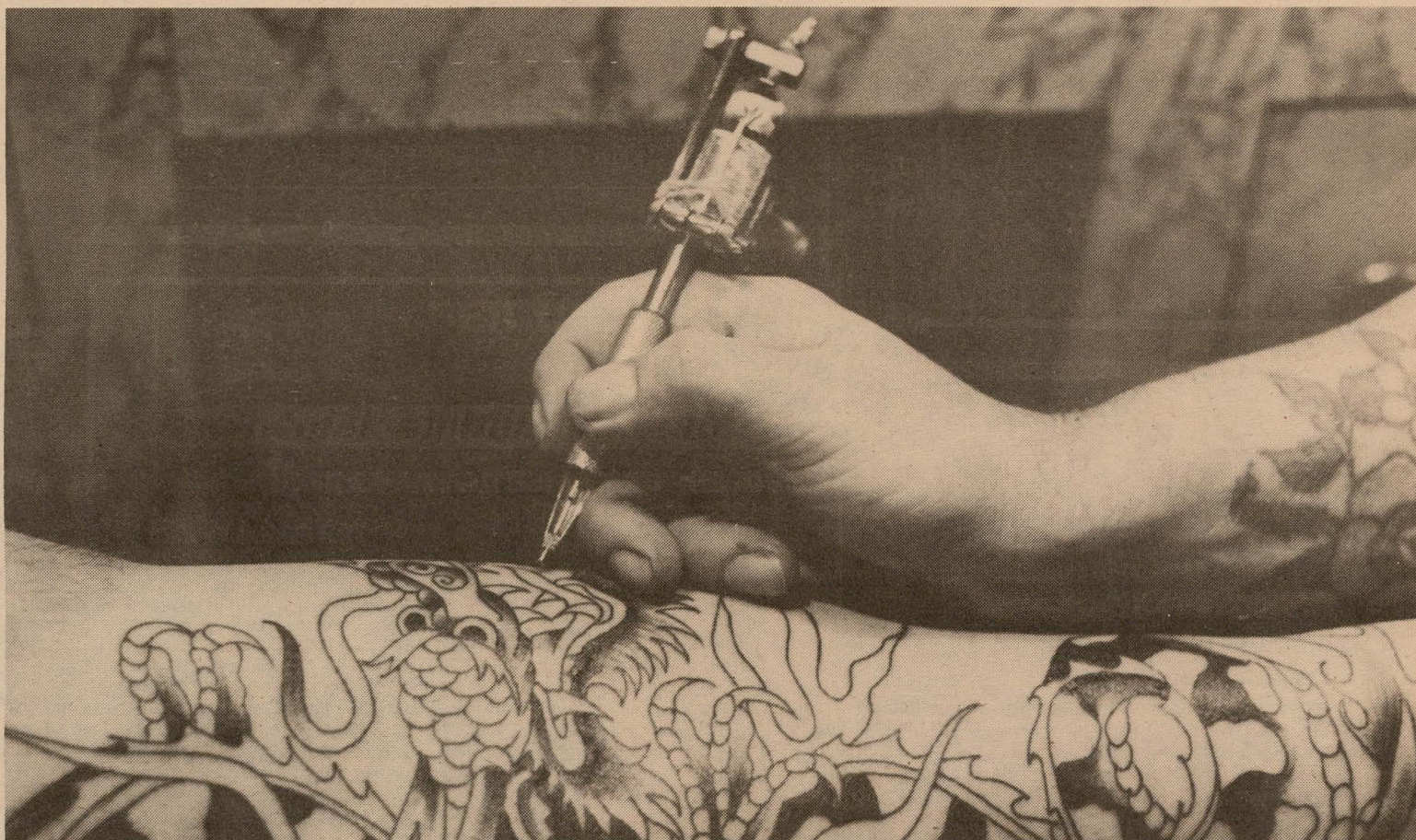
Photos by Pat Barham

Just one of a thousand designs; the tiger on a client's hip shows the artistry of modern tattooing.



Barham

An important piece of machinery is the autoclave sterilizing until which Martynuik uses to clean his instruments. Sanitary and clean is one of the main concerns in the business of tattooing.



Although the instruments of application have changed over the years, the principal is still the same, ink from Barham the machine passes through needles into the skin where it becomes permanent.

Community Calendar

Briefing slated

The U.S. Air Force's Technological Challenge Briefing Team will be giving their presentation at the Presidio Theater on Thursday, April 29 at 1:00 p.m. All interested Presidians are invited to attend this one-hour briefing. Supervisors are encouraged to allow those interested in attending this timely and informative session to do so. For additional information, call 2006 or 3870.

Preseparation

Preseparation Briefing: A Preseparation Briefing will be held Wednesday, May 9, 1984 at the Fort Scott Education Center, from 8 a.m.-11 a.m. All soldiers who plan to ETS before August 31, 1984 are required to attend. Spouses are invited and encouraged to attend. Topics covered will include VA Benefits, schools, careers, Army Reserve, National Guard, ROTC, and other items of interest to the soldier. For more information, contact Jackie Burke, 4445/2974, Fort Scott Education Center, Bldg. 1216.

ITT Desk

Tickets: The Best of Broadway in San Francisco — THE WIZ, the smash hit musical version of the Wonderful Wizard of Oz, starring Stephanie Mills. Discounted Tickets are for Thursday, May 10, 1984, at 8:00 p.m., orchestra seating — cost is \$22.75 and at the door \$24.00.

Oakland Invaders Football tickets are available for all home games. Cost is \$4.00 and the next game is April 16 against Houston.

SF Giant Box seat tickets for all Sunday Games. The cost is \$8.25 and a chance for ALL STAR TICKETS.

Great America is open, the cost is the same as last year: \$10.00 for anyone three and older.

Marine World Africa/USA is open on Weekends only. The cost is adults (13 and up) \$8.00, children (5-12) \$5.50 and children under five free. At the door, adults \$10.95 and children \$7.95.

Thrift Shop

The Post Thrift Shop will be interviewing interested parties for the position of Manager. For information, please call Mrs. Palladino, at 346-1399. A written resume of previous experience should be submitted.

Band luncheon

Brown Bag Lunchtime Concert: The Sixth Army Band will have a Brown Bag Lunchtime performance on Tuesday, April 24 at 11:45 a.m. at the Presidio Cultural Center (Bldg. 385). Bring a lunch and enjoy the music of Debussy, Beethoven, Richard Rodgers and Schuman performed by the band.

College courses

City College of San Francisco will conduct summer session classes on campus June 4-July 19. Courses are tuition-free for residents of California and for soldiers and their adult family members stationed here after June 4, 1983. Soldiers who have been here longer than one year may apply for Army Tuition Assistance through the Presidio Education Centers.

The mail-in application deadline for new students is May 11. This step notifies the school that you intend to enroll in at least one class this summer: registration in a specific course occurs later. Students currently attending a CCSF course on or off campus will automatically receive a registration appointment slip in the mail.

Class schedules, which include application forms, have not yet been published but should be available at San Francisco public libraries and Education Centers during the last week of April.

No Smoking clinic

The Officers Wives Club is sponsoring an Anti-Smoking Clinic to be held April 24 and 26, 7:30-9:00 p.m. at the Clubhouse, Bldg. T639, Old Mason Street on the Presidio.

This anti-smoking clinic, using hypnosis, has a proven history of success for people

who are serious about quitting. Offered to officers, their wives, families and friends at a special military rate of \$30.00 per person, this clinic can give the gift of life to some one you love.

For further information and reservations contact: Mr. James L. Szeles, 665 Geary, Apt. 101, San Francisco, CA 94102. Phone 775-0560.

CPO meeting

The Civilian Personnel Office, Position Management and Classification Branch, will host a meeting on Tuesday, 22 May 84, 1000-1100 hours, in the Training Room, CPO

Bldg. 37, for nonsupervisory civilian personnel. General information will be provided on the Position Management and Classification Program and time will be provided to answer general questions regarding the program. Space is limited and will be on a first come/first served basis.

Easter celebration

The Over 40 Single Social Club will celebrate Easter this Saturday night April 21, at the Officer's Club with a dinner and dance. If you would like to join the fun, call the Post Chapel at 561-4711. The time? 7 p.m.

At the movies

Presidio Theatre

April 19 Unfaithfully Yours (PG)	7 p.m.
April 20 Unfaithfully Yours (PG)	7 p.m.
April 21 The Right Stuff (PG)	2 p.m.
April 21 The Right Stuff (PG)	7 p.m.
April 22 The Right Stuff (PG)	7 p.m.
April 23 The Right Stuff (PG)	7 p.m.
April 24 The Right Stuff (PG)	7 p.m.
April 25 Christine (R)	7 p.m.

Schwartz Theatre

April 19 Spacehunter: Adventures in the Forbidden Zone (PG)	7 p.m.
April 23 Unfaithfully Yours (PG)	7 p.m.
April 25 The Right Stuff (PG)	7 p.m.

Presidian Review: The Right Stuff is a story of America's space race from breaking the sound barrier in 1947 to the first manned flights in 1961-52. It is also an insight into the lives of America's first seven astronauts.

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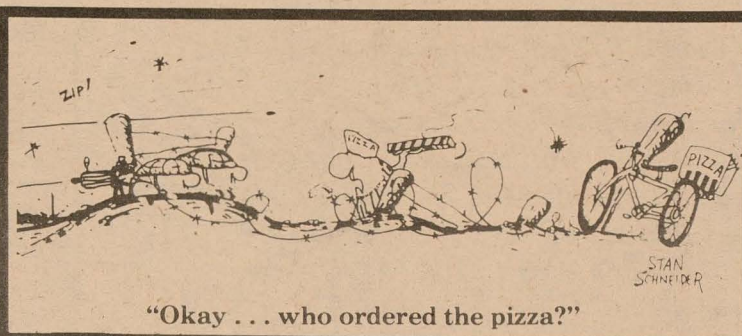
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Education benefits affect GI's

The emphasis of the Army Continuing Education System is shifting to the support of training and readiness. Funding priorities will be realigned accordingly, and this will affect the Army Tuition Assistance program. Effective Oct. 1, 1984, all servicemembers eligible for GI Bill educational benefits will no longer be eligible for Army Tuition Assistance. Soldiers who contracted for service after Dec. 31, 1976 are not eligible for the GI Bill and may continue to apply for the Army Tuition Assistance after Oct. 1, 1984. However, the portion which can be paid will be reduced.

How will this affect you? If you are planning to take a college course while on active duty, you will need to know how you can use your Veteran's Administration (VA) benefits. For example, both the GI Bill and the Veteran's Educational Assistance Program (VEAP) require that the student pay the total tuition cost to the school upon registration, and benefit checks are later sent directly to the student.

A series of articles about educational benefits are planned for publication in later issues of this paper. Watch for them.

GI Bill education benefits are authorized for soldiers who contracted for service before Jan. 1, 1977 and began

serving prior to Jan. 2, 1978. Soldiers who served on active duty for 18 continuous months or more are entitled to 45 months of benefits.

Veterans must use GI Bill educational benefits within 10 years of discharge or not later than December 31, 1989, whichever comes first. It is not necessary to leave the Army in order to use the GI Bill, but active duty status can affect the amount of money received. (See below).

The GI Bill may be used for any school or training program approved by the Veterans Administration (VA). Examples are high school completion courses, college prerequisites, college degree programs (some in foreign countries), correspondence courses, and civilian apprenticeships. Most schools advertise their VA-approved status, but you may want to verify this with the local VA office.

For soldiers using the GI Bill while on active duty, the VA repays to the soldier the actual cost of tuition and fees up to a maximum of \$342 per month for full time attendance. If the soldier is attending halftime, s/he could receive up to \$171 per month if tuition and fees are that expensive. Usually two college classes (6 semester hours) qualify as halftime. In all cases, the soldier pays the school upon registration and the VA later

sends payment directly to the soldier. For each month that a soldier is enrolled in a halftime program, one half month of benefits is deducted from his/her entitlement.

If you use your GI Bill after you leave the Army, the VA will pay you additional money each month if you have a spouse and/or children. For example, a veteran who has two dependents and is attending a fulltime program receives \$464 per month, regardless of the cost of tuition and fees. A single vet would receive \$342 monthly.

Soldiers on active duty who want to use the GI Bill for the first time may obtain VA Form 22-1990A, Servicepersons Application for Educational Benefits, from an Army Education Center. It must be signed by an Ed Ctr counselor and then submitted to the school, which certifies the student's course load and forwards the application to the local VA office. If benefits have been partially used and the soldier or veteran wants to continue with another school, the appropriate form is VA 22-1995, Request for Change of Program or Place of Training. It is very important to identify your long term and short term goals and clearly communicate to the VA how your education or training program fits into these goals. Experimentation or frequent changes will probably not be funded.

Three 6th Army units win awards for excellence

Three Sixth U.S. Army units, the 419th Transportation Company, 889th Supply and Service Company and 410th Evacuation Hospital, swept the Chief of Staff Army Award for Maintenance Excellence competition.

The 419th Transportation Company (Medium Truck Petroleum), 96th U.S. Army Reserve Command, Salt Lake City, Utah, was the winner in the Light Density category (organizations authorized 50-700 items of equipment.) Company commander, Captain Douglas Dickman's and motor sergeant Staff Sergeant David Ware's unit was touted for innovations in solving maintenance problems and reducing costs.

The 889th Supply and Service Company, 96th U.S. Army Reserve Command, Great Falls, Mont., won in the Intermediate Density category (organizations authorized 700-1000 items of equipment.) Maintenance officer, Chief Warrant Officer Three Russell Train's, and motor sergeant Sergeant First Class Gregory Giskaas' unit was cited for an operational readiness rate averaging 98%.

The 410th Evacuation Hospital (semi-mobile), 89th U.S. Army Reserve Command, Topeka, Kns., took top honors in the Heavy Density category (organizations authorized 1001 or more items of equipment.) The 410th, commanded by Colonel Donald Clark, with Sergeant First Class Steven Haneford, motor ser-

geant, was praised for its cross-training program to improve operational maintenance and increased equipment readiness.

These units were nominated by their major U.S. Army Reserve commands, and won in competition at Sixth U.S. Army and U.S. Armed Forces Command before being selected as national winners by the evaluation board at the Ordinance Center and School. They received the Department of the Army awards at the American Defense Preparedness Association Convention on March 29. The association sponsors the competition to give recognition to units who have displayed superior organizational maintenance programs.

The objectives of the maintenance award are: improve efficiency and waste reduction; provide a structure to recognize initiative; interface with and compliment the Army Maintenance Management Improvement Program (MMIP); and aid in the development of higher level competitive programs and merited recognition. Units participate in one of the three categories based upon density of authorized equipment.

All three winning units had particularly noteworthy awards programs related to maintenance achievement. They were evaluated on their performance in readiness, maintenance training, maintenance management, cost control and innovative execution.

Presidio Soldier of the Month Scroll Contributors

Honoring

PFC Robert F. Pappaceno
Law Enforcement Co. 504th MP

The Presidio Soldier of the Month Program is a military/civilian ceremony designed to honor an outstanding soldier on a monthly basis. At the end of the year, the twelve soldiers earning the monthly honor, will then compete against one another for the highest Soldier of the Year title and earn the Army Commendation Medal.

Soldiers compete for the honor based on their military bearing, dedication to duty, outstanding accomplishment and commendations, education and activities. They are selected by a military panel of judges.

Firms, organizations and persons supporting this program provide services, awards or gifts on a monthly basis. They include:

Mayor Dianne Feinstein, San Francisco
Association of the U.S. Army
Mike Nelson, Army Exchange
Janine Dale Shaffer, Miss Alameda County
Lisa Swanson, California Miss Talent Pageant
Robert Parks, FP Press, Fremont
Radio Station KMEL, 106 FM
MAR Ocean View Motel, San Francisco
Mountain View Chamber of Commerce
Marine World, Africa USA
Ted Kwolek, Non-Commissioned Officers Club
Dr. and Mrs. Raul Pegueros, Fremont
Craig Lassen, Pentagon Federal Credit Union
Art Nance, Newark Chamber of Commerce
Oakwood Lake Resort, Manteca
Santa Clara Council, Navy League of the U.S.
Rich Ford, Specialty Graphics, Fremont
Col. Richard Blake (Ret.), Wells Fargo Bank, Presidio

The civilian portion of this program is sponsored and directed by Rich Ford, publisher of the *Star Presidian* and owner of *Specialty Graphics Inc.* of Fremont. Advertisers, organizations, firms and other personnel interested in joining the monthly awards program are encouraged to contact Mr. Ford at (415) 796-7710.

Unknown soldier honored

The Secretary of Defense, Caspar W. Weinberger, announced today his decision to proceed with the interment of an unknown serviceman from the Vietnam era in the Tomb of the Unknown at Arlington National Cemetery. The ceremony is scheduled for Memorial Day, May 28, 1984.

In 1973, Congress enacted Public Law 93-43 which directed the Secretary of Defense to inter the remains of an unknown American serviceman from the Vietnam era in the Memorial Amphitheater in Arlington National Cemetery. Since 1973, the Department of Defense has continued to work intensively to identify remains of Americans killed in Southeast Asia during the Vietnam War. Weinberger comments, "Our primary obligation is to the families of those still missing and first we had to do our best to identify all remains.

Now, after more than ten years of intensive effort, we have a remains which cannot be identified and is qualified for the Vietnam unknown." Weinberger added, "The Tomb of the Unknowns is considered by many to be the greatest national monument to those who served, fought and died during our wars. Those fine Americans who placed duty to their country above all else, deserve the highest recognition we can offer. We are not able to honor our Vietnam veterans, those returned and those still missing, but placing one of

their fallen comrades-in-arms alongside the national heroes of previous wars at the Tomb of the Unknowns."

On May 17, 1984, the Vietnam unknown will be officially designated with great ceremony in Hawaii, where the remains are now located. The Navy, with a Coast Guard Escort, will move the unknown by ship arriving at San Francisco to Andrews Air Force Base outside Washington, D.C. A Multiservice Ceremonial Unit under the Army's lead will move the unknown to the capitol to lie in state. On Memorial Day a procession will take the unknown to Arlington National Cemetery for interment in the Tomb of the Unknowns. The nation will thus honor this unknown American hero who will serve his country one final time as a symbol of the sacrifices made by all Vietnam veterans and their families.

"There is no question," Secretary Weinberger said, "That this will be a momentous occasion of great significance to all Americans, particularly to those who served during the Vietnam War and the families of those still missing. We must remember there are almost 2500 Americans still missing in Southeast Asia. For their families, the uncertainty and the pain continues. Our duty to them should be strengthened by this ceremony. The resolution of the fate of those gallant men still missing is, as the president has stated, a matter of highest national priority." (ARNEWS)

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Giants games are FREE/
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Star Presidian

Vol. 27, No. 16

"Published in the interest of the people of the Presidio of San Francisco."

April 26, 1984

In the event of an . . .



by Bob Walker

For those of you who couldn't attend last week's earthquake preparedness sessions, earthquakes can be a "shaky" experience, but you *can* do something about them.

Tom MacKenzie, DPTSEC plans officer, talked about both the Presidio earthquake plan and individual or family plans, which prepare residents in the event a large earthquake rocks the Presidio and the Bay Area.

MacKenzie said that, "Presidio people should know what to do *before* an earthquake strikes — it could happen anytime. If major breaks in the highways occur, Presidio will be cut off — we'll have to survive with what we have. People off post will be expected to remain there until the safety of their family is assured and their home secured. People on post will have to initiate the Presidio earthquake plan, Annex-N, as an earthquake response."

There are four major earthquake dangers: falling objects, fire, disease from contaminated water and tsunamis (tidal waves).

Falling objects to watch for include debris from falling buildings, bridges and overpasses.

Fire is a threat because gas lines may rupture and ignite.

Water may become contaminated as water lines break.

Tsunamis are possible along the coast — huge waves may come crashing into populated areas.

But what should people do?

MacKenzie said, that the first thing to do is to be prepared for an earthquake. Have earthquake drills and train your family to protect themselves by knowing where to take shelter. Set aside a week's supply of food and water and other necessary supplies; learn how and where to shut off the gas, water and electricity. Have first

aid and special medical supplies on hand and take a Red Cross first aid class.

MacKenzie said, "Should an earthquake strike, remain calm. If indoors, get under strong furniture or under an inside doorway. Keep away from windows and objects that could fall and cause injury. Once it is safe, gather emergency supplies and move to your designated family gathering point outside the home. Initiate fire prevention immediately by turning off the gas and electricity. Don't use matches or candles.

"If you are outside when an earthquake hits, get to an open area, away from anything that could fall and injure you. If you are in a vehicle, **remain** there. Park *away* from buildings.

"If you have to leave your home for some reason, put a message at the front door. Depending on the situation, send a family member to the survival

assembly area to report the status of your family and home. If assistance is needed for any of your family, take your entire family to your survival assembly for help," he said.

A preparedness checklist handed out at the earthquake preparedness meetings is divided into three sections. The first section records the assembly area location — which all family members should know. The second section tells where to shut off the gas, electricity, and water. The third section tells where emergency gear is stored. Such gear should include a flashlight, a battery-operated radio, any special medications, first aid supplies, eye glasses and dentures, baby food, canned goods, bottled water, suitable clothing (if time permits) and an inventory of major household goods.

If you are prepared, you shouldn't get "shook up" when the "big one" comes!

AUSA campaign begins

The Association of the United States Army (AUSA) is having a membership drive during April. Directorate representatives are available for people interested in joining. AUSA is open to active duty soldiers, reservists, civilians and family members. For more information on AUSA call Capt. Brady P. Lawrence at 561-3701/5730.

Soldier to carry flame

A Presidio soldier has been chosen to carry the Olympic flame through the Presidio on July 16 on its way to the summer games in Los Angeles.

Sp4 Leo Simmons, Headquarters Command Battalion (PAC), will carry the Olympic flame one kilometer through the Presidio.

Every four years relay runners bring the flame all the way from Greece to the Olympic games. On reaching Los Angeles, the lighting of the Olympic torch will signal the beginning of the 1984 Summer Olympic games.

Law Day, USA proclaimed May 1st

by Jon L. Frobish

Tuesday, May 1, has been proclaimed Law Day U.S.A. and this year's theme is "Law makes freedom work."

The Law — it can mean the tie that binds or the rule that chafes ... *or* the **right** that grants life, liberty and the pursuit of happiness.

The purpose of Law Day is to call the attention of every American citizen to both the principles and the practice of American law and justice — a day in which to reflect upon our legal heritage, the role of law in society and the rights we enjoy under the Constitution.

The founders of this nation built the foundation of freedom under law that has endured for 200 years. Our guarantees of freedom of religion, assembly, speech and the press are a continuing legacy.

In the years since our society was created, a nation split by civil war has been brought together again, slavery ended, and blacks and women have been given

the right to vote. In our own generation, new laws have sought to correct injustices. These laws seek to promote civil rights, prevent hiring discrimination, protect our environment, guarantee legal counsel for the poor, prevent mistreatment of the elderly and the disabled, and extend the right of due process of law to juveniles. In all these cases, law **has** made freedom work.

Together, we try to further develop the law that, in turn, makes freedom work for all of us. As Oliver Wendell Holmes, the late Supreme Court Justice, remarked, the law is like a magic mirror wherein, "we see reflected, not only our own lives, but the lives of all men that have been!"

But perhaps John Locke summed it up best when, in his Second Treatise of Government, he wrote, "The purpose of law is not to abolish or to restrain, but to preserve and enlarge freedom...for where there is no law, there is no freedom."



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Opinions

TAKE A BITE OUT OF CRIME

CRIME WATCH

Babysitting is a very important job and only responsible, competent people should be considered. Just think, as a babysitter you are at a disadvantage from the start! The parents know well the problems and personalities of their children and you must try to learn them in a short time. Remember, always be alert, and follow these general suggestions for babysitters:

- Babysit only for people that you know something about.
- If someone asks you to babysit and you do not know them, ask who gave them your name. Then, call and ask about the new people before you accept the job.
- It is not a good idea to answer ads in the newspaper — person-to-person references are best.
- Always give your parents or a friend the name, address, and telephone number of where you will be babysitting. You should also give them an idea of when you expect to return home.
- Always try to take a nap before you babysit so

that you will not fall asleep on the job.

- Never invite friends unless you have permission from your employer. It is not fair to the child you are responsible for, or to your employer to do otherwise.
- Plan to arrive at your employer's at least 10 minutes before they leave; allow 15 minutes if this is a new employer.

WHEN YOU ARRIVE AT THE HOUSE:

- Ask the parents to give you a name, address, and phone number where they can be reached. WRITE IT DOWN!
- Ask the parents to give you the name and phone number of a close neighbor that you may call in case of an emergency. WRITE IT DOWN! Put it by the phone with the police and emergency numbers.
- Make sure all medicines, knives and pointed objects are out of reach.
- Check the whole house. Lock all doors and windows. Leave some outside lights on, too.
- Do not open the door to strangers and do not tell anyone who comes to the door that you are alone.
- If someone calls, ask their name and number. Tell them the people cannot come to the phone right now, but that they will return the call.
- If the caller persists, stay calm and be firm. Do not tell them the parents are not home, and do not let the caller know that you are alone. If they get rude, hang up.
- If you receive an obscene phone call, hang up im-

mediately! If the calls continue, call the police. Be sure to tell the parents what happened.

- Keep the volume of the radio, stereo or television low so you can hear any unusual noise or a baby crying.
- If you think someone is breaking into the house, take the children out the opposite door and to a neighbor's home. Call the police immediately!
- If you smell smoke or detect a fire in the house or garage get the children and yourself out first. Go to a neighbor's and quickly call the fire department.
- Call the police if you think you need to. A police officer would rather respond to a false alarm than have you get hurt. When you call, stay on the line. Do not hang up until the operator tells you to hang up.

MISCELLANEOUS TIPS:

- If the people you are sitting for do not return within one hour of the expected time and have not telephoned, call your parents and advise them.
- If the employer returns home and seems intoxicated, do not let them drive you home. Call your parents for a ride.
- Be sure one of the parents employing you escorts you to your door and waits to see that you are safely inside — even if you only live across the street.

Additional crime prevention information for babysitters, and parents planning to hire babysitters, can be obtained by contacting the Presidio Crime Prevention Office at 561-4925/5011.

Ramblin' Sam

"If you could choose any duty assignment, where would it be and why?"



Maj. Donna Albee, nurse methods analyst, LAMC, "Probably here — Letterman is one of the best places I've been to. It's a good assignment."



Sp5 Jill Staple, PSNCO DSCIER 6th Army, "It doesn't matter as long as it's a good one. It would have to be challenging, the area would have to be nice and there would have to be a place for me to go to church."



Sp5 Michael Wapner, legal clerk, SJA, "Probably Italy; being that I was born there, I have relatives there. I've heard it's pretty good. Though I've had it on my dream list, they've got me on levy for Korea. WILL TO WIN!"



Sp4 J. Alan Edmonds, public information, PAO, "Japan. I'm intrigued by the oriental cultures and I feel Japan would give me an opportunity to get a first-hand observation of the Far Eastern way of life. After Japan I feel Hawaii would be good because I'm a blue water freak."

Actionline — 561-LINE

DEERS

I have several questions concerning the DEERS program. Who is eligible, where do you apply and how do you apply? Is it automatic for the military and not for the family members? Does it include dependent children? Is it exclusively for the Army?

Name Withheld

The Defense Enrollment Eligibility Reporting System (DEERS) is a Department of Defense system for recording

the names of all individuals, including family members, who are eligible for military privileges and health benefits. Although military members are enrolled automatically through their JUMPS records, enrollment of family members is not automatic. Family members are enrolled in the program when they obtain their military identification cards. Children under age 10 are enrolled when their mother receives her ID card. If you are not sure whether you or your family is enrolled in DEERS,

you can have the LAMC Out-patient Records section check its list of DEERS registrants by calling 561-3104. Unregistered eligible individuals should go to the Presidio's military ID card section to enroll.

.....

The Action Line (561-Line) is a 24-hour service available to all Presidians desiring to express an opinion, make a suggestion or file a complaint!!

Call 561-Line and record your comments.

In memoriam . . .

General Mark W. Clark commanded the 5th Army in Italy in World War II; he was once deputy Secretary of State, commander of Sixth US Army and he signed the armistice ending the Korean Conflict.

Yet we could find no more fitting tribute than this: "A lot of people today don't even know the meaning of honor, public officials included. Honor is like being pregnant. You have it or you don't. There are no degrees of honor. It is an absolute dedication to tell the truth. A half-truth won't do."

—General Mark Clark
born, May 1, 1896
died, April 17, 1984

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Big Brothers — friends to fatherless boys

by Pat Barham

A volunteer and a special friend. . . describes Big Brothers and Big Sisters to many youngsters throughout the United States.

Big Brother/Big Sisters is an organization which matches adults to youths who are fatherless or motherless. The program began in 1903 when a Cincinnati businessman, Irvin Westheimer, befriended a boy he found scavenging in garbage cans. Westheimer encouraged his friends and associates to do the same and the program was on its way.

Although the organizations began as separate and distinct groups, they both had the same goals. Both groups' purpose is to give youths a special friend to help guide maturing boys or girls.

What does it take to be a Big Brother or Big Sister?

For the most part it takes time and dedication. The process by which an adult is matched with a child is an involved and thorough process. First, each volunteer attends an orientation session where he learns about the organization. At that time any questions are answered. The volunteer then fills out an application and the process of finding the right volunteer to fit the child begins.

After two or three interview sessions the social worker assigned to the volunteer usually has an understanding of the type of child best matched. That process gives the volunteer a good sense of what to expect and how to approach problems that may arise and any special situations involving the child.

The child, parent and volunteer each have a say in determining the match. The volunteer is screened as to his driving record and checked for a criminal record with the department of justice. The social worker interviews the applicant in the office and at home. The spouse is interviewed and references are checked also. Then the information is reviewed and the volunteer is either accepted or denied entry into the program.

Along with these events the parent applies for the son or daughter to enter the program. The child and the parent have several interviews in the social worker's office and at the child's home. Then the child is interviewed separately. The social worker contacts the family doctor, the child's teacher, school psychologist or counselor, and other agencies for information. The parent may be contacted, and then the social worker talks to both parent and child about preferences for a Big Brother/Big Sister. After a match is

made, the social worker, child, volunteer and parent meet at the child's home for instructions.

After the relationship begins the social worker continues to monitor the match and the progress, if any, that has been made.

Some might think that this sounds a little like adopting a child and, in some ways it is.

The volunteer agrees to a weekly outing with his or her Little Brother/Little Sister. Outings may range from taking in a movie to just going to the park and playing. The youths range in age from 6 to 17, so types of outings are limitless.

Volunteers agree to stay in the program for at least one year and, although each match is set for a one-year period, hopefully the match will become a lifelong friendship.

April 30 through May 6 has been designated Big Brother/Big Sister week at the Presidio. The purpose is to offer soldiers and civilians, retirees and the countless others who reside or work on the Presidio an opportunity to learn more about the San Francisco program, and its goals. Hopefully, the end result will be to encourage people to volunteer as Big Brothers or Big Sisters.

To lend a helping hand or offer a gift of love just call 434-4860 or volunteer in person.

People make all the difference.



Hank and Mike . . .

by Richard Wetzel

Hank was at home one evening, watching the television, when he saw an advertisement for the Big Brother Program. Having been active in Scouts for many years, but with conflicting schedules, the idea of becoming a Big Brother seemed logical.

"I've always felt like I wanted to contribute something to society, and I thought that this was both the time and the way," Hank said.

After giving the idea more thought, Hank decided to call the Big Brothers and make an appointment.

Michael also saw an advertisement on TV for the Big Brothers. He liked the idea, so he talked to his mother, asking her if he could get a Big Brother. After a few days, his mother called the local Big Brothers office and made an appointment for both herself and Michael.

Both SFC Hank Kindell, 6th USA Band, and 8-year-old Michael Maysigle of San Francisco, discovered the Big

Brother program through the same medium, but their reasons for joining are a little different. Both agree, however, that the initial entry process is very similar.

"They ask all these questions," Michael said.

"I had the idea that a person could just walk in the door and get a kid brother," explains Kindell. "But I learned that it was a lot more involved than that."

During several interviews, the counselors asked Kindell about his childhood, likes, dislikes, hobbies, habits and values. It was during the second session that Hank learned he would have to be fingerprinted.

One of the questions Michael remembers being asked is what kind of big brother he wanted.

"That was sort of a hard question to answer. She asked me what kind of nationality I would like for a brother. I guess it didn't really matter, as long as we could speak the same language,"

Michael said.

In selecting his new little brother, Kindell was given a list of four names that matched personalities to his.

"We talked a lot about each kid. Then I had to make a selection. That was one of the hardest parts."

It was about three months after Hank and Michael first contacted the Big Brothers, that they met for the first time.

"It was a little scary," Michael said. "I was worried that maybe he wouldn't like me."

Kindell said that Michael wasn't alone with that thought.

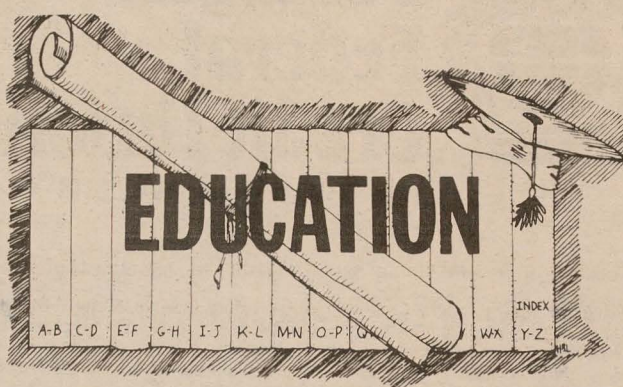
That was a year and a half ago. Although they have no set or regular schedule, they usually try to get together a couple hours a week "or whenever we each have the time."

Michael said that he thinks he and Hank are helping each other, by being each other's friend. "He helps me go places, see some interesting things and gives me someone to talk to."

In search of an . . .

Do you know what education benefit plan you are eligible for? Many soldiers do not, and this lack of information could result in the loss of thousands of dollars!

The factor most important in determining your benefit eligibility is the date you contracted for military service. This date might differ from the date you actually came on active duty: The delayed entry program and ROTC are examples. The basic benefit programs paid by the Veterans Administration are the GI Bill and the Veterans Educational Assistance program (VEAP). Soldiers who contracted with the Army before Jan. 1, 1977 and entered active duty before Jan. 2, 1978 are eligible for the GI Bill. Everyone else is eligible for some form of VEAP: Basic VEAP, VEAP Kickers, Mini GI Bill, Non-Contributory VEAP, Ultra VEAP, Army College Fund, and Loan Repayment.



The benefits involved vary greatly; contrary to what some believe, the GI Bill is not the most generous program. For example, a single soldier attending school as a veteran can collect a maximum of \$15,390 under the GI Bill; a soldier who served for three years in an MOS qualifying for the Army College Fund can collect \$17,400.

There are several reasons why soldiers lose benefits, including not using the benefits before they expire, not contributing the required amount of money, contributing to a non-contributory plan, not serving the required period of active duty, not remaining in a qualified MOS, or being discharged under dishonorable conditions.

By reading the series of articles which will be appearing in the next few issues of the *Star Presidian*, you will learn which benefit plan applies to you, what you must do to enroll or participate, how much your plan pays, and how and when your plan can be used in or out of service. Soldiers who would like to discuss benefits with an education counselor may call or visit the LAMC Education Center, Bldg. 1007, 561-4030 or the Ft. Scott Education Center Bldg. 1216, 561-2974.

Secretaries' Week honors importance of job



by Juanita Villalobos

How many times have you said, "Oh, I'm just a secretary?"

Or, how often have you referred to someone else as, "Oh, her? Oh well, she's just a secretary (or clerk-typist)?"

Well, this is National Professional Secretaries' Week, and it's probably time that we dusted off a few myths about the women and men who fill such a necessary role.

Jobs held predominantly by women are sometimes viewed as low-status jobs, and people tend to have less regard for the work of people in those jobs, which are sometimes known as "pink collar ghettos." This is particularly true in the case of secretaries.

The fact is that many secretaries make major contributions; if encouraged, they could contribute more. Unfortunately, many supervisors, co-workers, and even secretaries themselves, identify these important jobs with such terms as, "only a secretary," or, "just a clerk-typist." It's time to review that thinking . . . how many staff/section/directorate chiefs do you know who would be willing to do without a secretary — for any length of time?

The workplace probably wouldn't last long if all secretaries decided to leave their profession — but many secretaries wish to stay in their chosen profession. Secretaries, like any other group of workers, vary in the quantity and quality of their work, but their work is often indispensable to their organization and should receive the respect and fair treatment due them.

Here are some suggestions on how to treat secretaries and clerks with fairness and respect:

Professional secretaries and clerks should not be overlooked as staff members. They, like the rest of the staff, should take part in staff meetings and social functions.

Ideas from secretaries and clerks should be solicited and credit given when a useful idea is adopted.

They should be developed as employees — encouraged to take part in staff idea sessions, extend their interests, sign up for training.

Clerks should be complimented for work that shows intelligence and initiative as well as for their routine work. Commendable work should be rewarded appropriately, including achievement awards and grade classifications which fully reflect the duties performed.

Demeaning and unnecessary classifications such as "non-professional" should be dropped.

Be realistic in setting secretarial and clerical workloads — set deadlines. Involve the worker in setting other than routine deadlines whenever possible. (This is likely to result in heightened performance).

Staff members with superior attitudes toward secretaries and clerks should have it called to their attention along with a suggestion that they begin to change their thinking.

Secretaries and clerks should receive the same courtesy shown other staff members, such as being introduced to office visitors.

Courtesy titles such as "Ms." and "Mr." should be uniformly used or dropped for all employees. For example, if men are called "Mr." regardless of job title, women should not be called by their first names.

Finally, remember that the secretary, whether a man or woman, contributes to the national defense and is not "just a secretary!"

At the movies

Presidio Theatre

April 26	Gorky Park (R)	7 p.m.
April 27	Sahara (PG)	7 p.m.
April 28	The Dark Crystal (PG)	2 p.m.
April 28	The Dark Crystal (PG)	7 p.m.
April 29	The Big Chill (R)	7 p.m.
April 30	The Big Chill (R)	7 p.m.
May 1	Scarface (R)	7 p.m.
May 2	Scarface (R)	7 p.m.

Schwartz Theatre

April 26	The Right Stuff (PG)	7 p.m.
April 30	Sahara (PG)	7 p.m.
May 2	The Big Chill (R)	7 p.m.

Pesidian Review: In *The Big Chill*, seven old college friends attend the funeral of a classmate who committed suicide, which brings about recollections of the past and a look at values from the 60's to the present.

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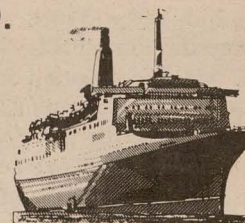
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Community Calendar

Aerobics class

High energy classes including stretching, toning and aerobic conditioning, done to popular music, are available daily at Post Gym No. 1. Classes are on-going. A free introductory class will put you into the spirit of fitness. Wear comfortable clothing and tennis/aerobic shoes. Open to all ages and levels of fitness — participants are encouraged to work at their work pace.

For more information, phone 381-3382 or 561-4120.

Bridge pass misuse

Contact with Capt. John La Frano of the Golden Gate Bridge and Transit District indicates that bridge pass misuse is increasing. As a result, all people using toll-free passes to cross the Golden Gate Bridge can expect to be asked for their military ID, whether in a civilian or military vehicle. In the event the driver cannot produce his ID, the pass will be confiscated and the driver will have to pay the toll.

Misuse will be reported by the bridge district to the Transportation Officer who will send a misuse letter to the soldier to whom the pass was issued.

Violations will result in suspension of the driver's toll-free bridge pass privileges for periods ranging from five days to six months. Some typical examples of recent bridge pass misuse include use of passes by family members and non-service members.

Tiny tot swim class

There are still some openings in the YA Tiny Tot Swim Class for youngsters between the ages of 6 months to 2 years. Lessons will begin on May 2nd, and will meet every Monday, Wednesday and Friday from 9 to 10 a.m. at the post pool, for 6 weeks. A parent must accompany each child in the pool. Fee for the class is \$30. Call the instructor, Jeffrey Allen for registration/information at ext. 3637, or at 431-7145.

Flea market

A flea market will be held at the Presidio Thrift Shop on May 5 from 10 to 1 p.m. A fee of \$5 per space will be charged. Bring your own table and sell those unused treasures. For more information, call 922-3384.



Historic photo

photo courtesy of SF Public Library

San Francisco was in flames after the San Francisco earthquake on April 18, 1906... 78 years ago last week.

Officers' wives club special meeting

Russ Coughlin, veteran broadcaster with Channel 7, will be guest speaker at the May 3 Presidio Officers' Wives Club luncheon at 11:30 a.m. held at the Officers' Club.

Known as the "Walter Cronkite of the Bay Area," Coughlin is sure to have some interesting topics.

New officers' installation will be held at this final luncheon of the 83-84 season and the Presidio Singers Trio will entertain during this special gathering.

Don't miss this last luncheon before the summer break! Make your reservations by Monday, April 30 — just call 387-8816 or 750-3782. Call now!

SF State summer courses

Make plans for a productive summer by enrolling in a college course. A choice of nine separate class cycles, some starting as early as May 30, makes it possible to avoid a conflict with your vacation. In fact, some travel study courses sound so enjoyable that you may want to incorporate them into your vacation!

Pick up a schedule of classes at the LAMC Ed. Ctr., Bldg. 1007, or the Ft. Scott Education Center, Bldg. 1216.

Arthritis briefing

On May 1, at 7 p.m. in the LAMC Theater, there will be a full discussion of modern techniques in the diagnosis and treatment of all forms of arthritis and audience participation is encouraged. Arthritis can strike people of ALL ages, not just older people, so bring questions for the panel discussion and invite your friends.

Please call Karen at ext. 3130.

Aquarius swim club

The YA Aquarius Swim Club is recruiting new members between the ages of 6 through 18. Youngsters who enjoy swimming and would like to compete on a swim team are welcome to join. The pool has been completely refurbished, and is open. Swim team practices are daily, Monday through Friday from 4 to 6 p.m. at the post pool. For more information, contact Youth Activities office 5143 or be at the practice session ready to swim.

... the write stuff ...

by Richard Wetzel

For those of you that didn't like any of my suggestions on how to get to Candlestick Park to see the S.F. Giants play, you missed an exciting game Friday evening when the locals put down the Cincinnati Reds 6-4... For those of you (us) that *did* attend, you may have had some difficulty finding the right gate to enter... All those that wish to be admitted free with their military ID card, must enter through gate E... Future games to attend... The Giants take on the LA Dodgers, Monday and Tuesday evening at 7:30... and for those few that may have Wednesday afternoon free, the bats start swinging again at noon, against the Dodgers... If you plan to go to any of the night games, remember to dress warm... "It's cold at the Stick!"...

The San Francisco Recreation and Parks Department will sponsor three Girls' Slow Pitch Softball Leagues this summer for ages 10-17. For more info, call Linda Woo, 558-4055...

A special seminar exploring the history and development of the San Francisco Bay defenses from 1776 through World War II, will be offered at the Fort

Point National Historic site from 9 a.m. to 3 p.m., Saturday, May 5th... The program is free...

The Trailways Bus Corporation had introduced special reduced tour fares for active duty members of the US Armed Forces and their family members. For more info, call the local bus station... The ITT desk has several books for sale concerning discount travel for soldiers and their families. Subjects include Space A opportunities, lodging, camping and rec areas.

THIS ONE MIGHT BE WORTH YOUR LUNCH HOUR... What is a Media Elephant Race???? That's what I asked... Someone suggested that maybe local media personalities will be racing through the Financial district on elephants... Or maybe a bunch, (or is that a herd) of elephants will race against the media... Finally, came the idea of a race with local reporters competing to see who can get a story the slowest... Funny, they didn't ask any of the Star Presidian reporters to participate... Whatever the event is, it might be interesting to check it out. The fun (?) gets started at noon, Monday, at Justin Herman Plaza, at Market and Steuart Streets...

QUOTE OF THE WEEK: "A Media Elephant Race?... What is it?... Uh, gee... I don't think I know... mmmmmmm, sounds interesting... a Media Elephant Race... What are you talking about?..."

A funny thing happened on the way to the park... There's a lot of funny things happening IN the park... there's a lott of funni things happening to my typewriterrrr... Gran Concorso Baco-Toro's 31st Annual Bullship Race is Saturday, at 10 a.m., in the east area of St. Francis Yacht Harbor on the Marina Green... (yeah, I know that isn't even in the park, but then neither is the next one)... There's a Kite Flying Contest, Saturday and Sunday, 10 a.m. to 4 p.m., at the Auto Center, 2300-16th Street... It's free...

THIS ONE IS IN THE PARK... A Footrace/Benefit to promote Deaf Awareness Month is Sunday, 8 a.m. to 1 p.m. The ground pounding starts at the statue of the baseball player near the tennis courts in Golden Gate Park, and finishes at the Polo Fields... On the Polo Field is the 15th Annual Rugbyfest, Saturday and Sunday at 10 a.m.

Sports

Volleyball standings

TEAM	WON	LOST
LAIR	9	1
USAG	8	2
LAMC	7	2
GG Reserves	6	3
6th Army	5	4
DLI, Co G	4	5
DLI, Co H	3	6
170th MP Co	3	6
SJA	1	8
504th MP Co	0	9

Baseball sign-ups

YA Baseball: Sign-ups for YA Baseball can be done by coming by the Youth Activities Office, Bldg. 122 between the hours of 7:30 a.m.-4:15 p.m. Opening Day Ceremony is on April 28 at the Pop Hicks Field at 9 a.m. Come on out and enjoy the fun as we kick off the baseball season. See you there!

Free games

Giants Home Games - Military with a valid I.D. Card get in free to the General Admission seats, Monday-Friday, day or night games. This offer is good for the whole season.

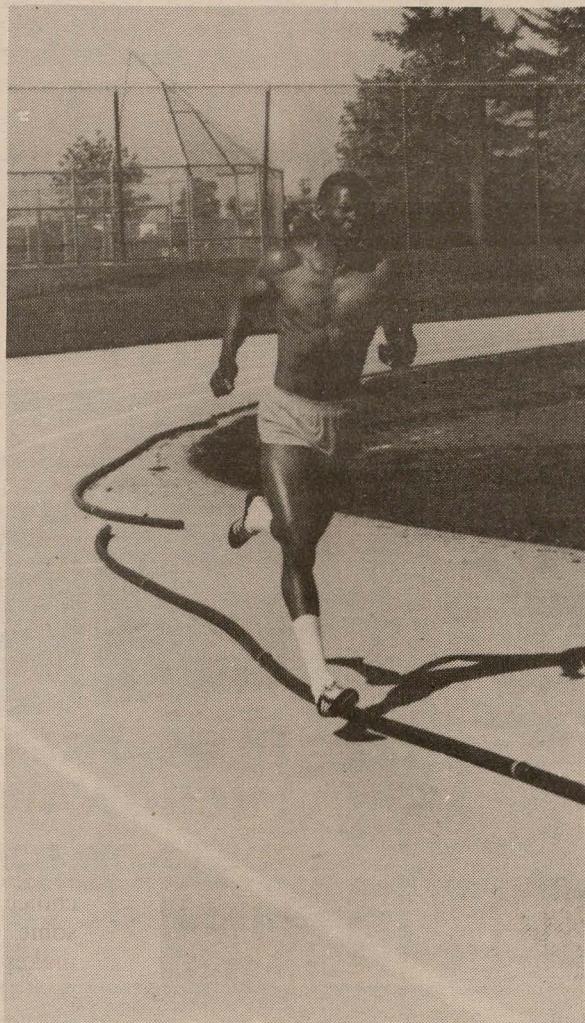


photo by Bob Walker
Wendell Angel takes a turn around the track at Laney College in Oakland.

Olympics goal of soldiers

by Bob Walker

"We're going to do well, if people come around the way they should. Air Force is our toughest competition, but with the kind of people we have, we'll overcome that problem."

That's what Coach Earl Harris said of this year's Army Interservice Track and Field teams.

Both the men's and women's teams work out at least twice a day. In the morning they work out at the Laney College track and in the afternoon they work out at Alameda Community College.

According to Harris, the morning work outs start off with a two mile warm-up run, followed by numerous shorter runs while he watches the athletes' form and techniques to see where improvements could be made. At the afternoon work-outs, he looks for speed as well as form.

Harris said there are several hopefuls on the team for the Summer Olympics. One such hopeful is four-time 110 meter hurdle Olympic star Willie Davenport, who hopes to make the Olympics team again this year. Another is Vescoe Bradley who has already qualified for the Olympic trials in the long jump. "Wendell Angel should qualify for the Olympic trials in the 400 meter hurdles," he added.

Harris added that other Olympic

hopefuls include George Milton in the high jump, Harold Lawrence in the long jump, Kenneth Washington in the 800 meters and the one mile relay team of Michael Ricks, Wendell Angel, Leslie Kerr and Kenneth Washington.

Several of the women also have a good chance for the Olympic team according to Harris. One of the hopefuls for the women's team is Livienne Britton who won five gold medals in last year's Interservice competition; this is her second year on the Army team.

Britton said, "I'm trying to get my times down so that I might get an Olympic tryout this year."

Wendell Angel said, "My goal is to make the Olympics in the 400 meter hurdles and then to win the military olympics in Alexandria, Egypt in October."

Angel is currently ranked number one in the Armed Forces for the 400 meter hurdles. In 1980 he ranked 21st in the world and 14th in the nation.

Angel said, "The Army is the best! It's a matter of pride. I'm All-Army athletically and in the heart too. This year's team is one of the strongest in years. We have some really strong athletes."

With a team like this, it's no wonder that Coach Harris feels it will be a good year for the Army!

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Outdoor Rec.

NEW HOURS OF OPERATION: Effective April 1, the Outdoor Recreation Check-Out Center will be open as follows:

Monday thru Friday — 8:30 a.m. - 5:00 p.m.

Saturday, Sunday and Holidays — CLOSED

Due to time involved in briefing, hook-up, tie down and inspection of RV's, recreation trailers, boats and canoes, hours for pick-up and return

are 8:30 a.m. to 3:00 p.m., Monday thru Friday.

SKI LIFE COUPONS PURCHASE/REFUNDS: Last day for purchase/refund of Alpine Meadows and Squaw Valley Ski Lift Coupons purchased from Outdoor Recreation is May 1.

DELINQUENT EQUIPMENT: Individuals renting equipment from Outdoor Recreation are reminded that it is the users responsibility to return equipment on time. Double rental fees go into ef-

fect on all rental equipment the day following the due in date. Extensions will be granted, however, extensions will not be permitted unless the user calls Outdoor Recreation at 561-4324 to extend.

REMINDER: Sponsors or spouses of sponsors must sign for all equipment and make all reservations.

For additional information, call or come by Outdoor Recreation, 561-4324, Bldg. 92.

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Soldiers study
Ninja tactics/
page 4

OPSEC from the Trojan
Wars to today/page 4

... the write stuff ...
Spotlight on the Romantics/
page 6

Star Presidian

Vol. 27, No. 17

"Published in the interest of the people of the Presidio of San Francisco."

May 3, 1984

News briefs

Big Brothers Week events

April 30 through May 6 has been designated Big Brother/Big Sister Week at the Presidio. The purpose is to offer soldiers and civilians, retirees and the countless others who live or work on the Presidio an opportunity to learn more about the San Francisco program and its goals. Hopefully, the result will be to encourage people to volunteer as Big Brothers or Big Sisters.

The week will be marked with representatives speaking to soldiers and civilians throughout the post. In addition, booths will be set up near the commissary and the Post Exchange where hand-outs and information will be given out.

Saturday, May 5 at 1 p.m. a softball game between 6th U.S. Army and Big Brother/Big Sisters team members at Fort Scott Field No. 1 will wrap up the week's events.

To lend a helping hand, or for more information, call 434-4860.

SFSU Advising Day

SAN FRANCISCO STATE UNIVERSITY WANTS YOU...to come in and see the school. Thursday, May 10 is Advising Day. Classes are cancelled so that all instructors and counselors will be free to deal with interested visitors.

A group of students, including a former Presidio soldier, will be at a table in the Student Union specifically to help soldiers find their way to the right places.

If you have any questions, contact Jeane Redsecker at the Army Education Center, 561-3189.

Childcare renovations

This week repair and renovations begin at the Child Development Center here. Work will be done by an outside contractor and should be completed by early July.

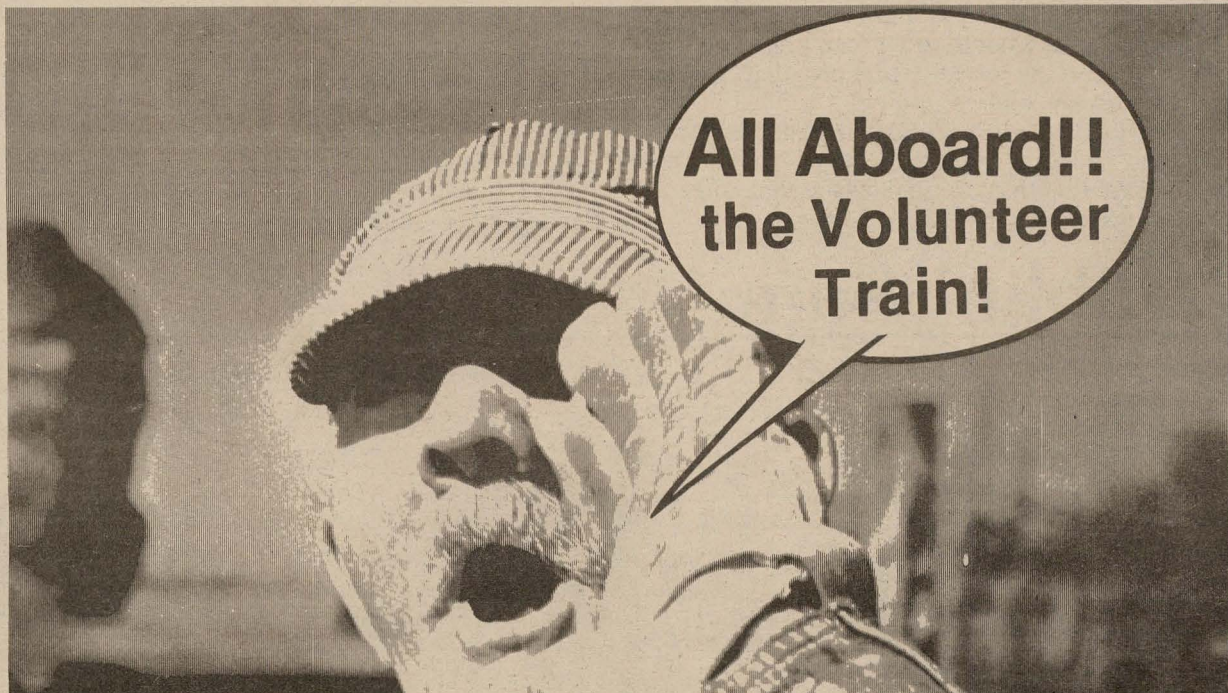
According to John Gunnarson, Child Development Services director, the work is being done to meet new health and safety standards set by the Department of the Army for child care centers. Repairs and renovations at the center will include a new fire alarm system, more exits, new fire walls, a larger kitchen and more toilets.

During renovation some classrooms will be moved to the Girl Scout Hut. Gunnarson explained that parents may find some of the center's entrances blocked temporarily and some programs moved for a short time.

Action Line

The Action Line (561-Line) is a 24-hour service available to all Presidians desiring to express an opinion, make a suggestion or file a complaint!!

All callers are requested to provide their name and a telephone number where they can be reached for additional information. All comments, suggestions, and complaints will be forwarded to the appropriate agency for action. Comments and answers will be published in an edition of this newspaper, unless confidence is requested.



by Pat Barham

National Volunteer Week is scheduled for May 6-12 — there are 15 organizations which rely on volunteers to keep their programs going on the Presidio.

You might say that you never use the services of a volunteer, but every day volunteers of every shape, size and gender give of their time to try to make services you enjoy a little better.

Volunteers aren't strangers with unknown faces, they are people like you and me that give their time in service. Wives, family members, whole families and even active duty soldiers volunteer to try to make the community a better place.

ACS, the Officers' Wives Club, the Red Cross, the Thrift Shop, Enlisted Wives' Club, Youth Activities, the Child Development Center and other organizations are staffed wholly, or in part, by volunteers. Imagine what would happen if you needed the services of one of these organizations and there was no one there to help you!

For some people, volunteering is the only way of serving the community. To others, volunteering is a full time job which is part of their life.

For example, Mary Schuster, volunteer supervisor at ACS, has logged over 30,000 hours of volunteer service. "I enjoy helping people and this is my way of doing just that," Schuster said.

Some people may think they have no talents that could be used in volunteer service, but according to

Dave Ciechanowski, director of ACS, no one will be turned down. "We accept anyone in our volunteer program," said Ciechanowski, "no matter what a person has to offer we can find a place for them."

Throughout the community, almost all programs where volunteers are used welcome those who want to donate their time to others.

A lot of volunteers who worked at other installations come to the Presidio. In most cases that experience or time volunteering helps at the new post.

Although volunteering might not be for everyone there are some advantages to volunteering. For example, at ACS anyone who volunteers their time and needs child care services can receive free child care at the Child Development Center during the time they are volunteering.

Volunteering at the Presidio can be a useful tool for the future, too. Schuster said, "We keep records on all of the volunteers at ACS. Some of these records go back 10 or more years." In some areas volunteer time can be used for college credit depending on the area where you live and the type of work that was done. Basically, anyone can volunteer their time but one of the main ingredients that makes a good volunteer is dedication.

So the next time you have some time to spare think about volunteering — it might benefit you and the others you serve...people like you and me.

PSF honors Asian-Pacific people

by Bob Walker

In honor of Asian-Pacific Americans, the Presidio has declared the week of May 6-12 as Asian-Pacific American Week. "Strength Through Unity," is this year's theme as members of the group celebrate their heritage.

One of the most flamboyant events of the week will be the appearance of Tiare's Polynesian Dance Company scheduled from 12 to 1 p.m. on May 12. The troop will perform at Crissy Field across from the Main Exchange.

Other events occurring during the week include displays at the Post Library concerning the Asian-Pacific culture.

Contributing to the tables of Americans the cultures of Japan, Hawaii, the Philippines, China, Vietnam, Korea, Samoa and others have added countless arrays of dishes and foods for our enjoyment.

The Japanese offer "Ikebana," a form of floral arranging, while many artists and writers have contributed their talents.

But aside from this, Asian-Pacific Americans are a significant part of the military today. This is particularly apparent at the Presidio where a great number of Asian-Pacific Americans are concentrated within the community.

As shown at the Presidio Army Museum, the exhibit "Go For Broke" honors the Japanese American 100th Infantry Battalion of the 442nd Regimental Combat Team. Fighting five major campaigns in World War II the 442nd earned over 18,000 decorations and over 9,000 Purple Hearts in the defense of their country.

According to MSgt. James L. Williams, HRDD (DPCA), "In this particular group (Asian-Pacific Americans) there is a great amount of skill and cultural information which can and does enhance American life styles. Life at the Presidio is better because of this multi-ethnic group."



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Opinions

TAKE A BITE OUT OF CRIME

HELPING HAND PROGRAM

The Helping Hand Program is a program through which volunteers are available to help children who encounter problems.

Helping Hand was started to help children who run into problems while going to and from school. Since the Presidio has no schools, other than preschool, the program targets any or all situations that pose a danger to Presidio children.

Helping Hand volunteers display the Helping Hand sign in their quarters' window facing the street. This shows children that they can find help at that home; it gives them a silent escort.

Parents are encouraged to tell their children about the program, so they will call on the Helping Hand whenever they need help in situations such as a stranger trying to entice them into a car, or if a serious storm comes up suddenly. The program is for emergencies only and children should be told not to use a Helping Hand to get a drink of water or to use the bathroom.

Ideally, most Helping Hand volunteers are at home when children are going to and from school and during the after-school play hours. Helping Hand volunteers should look for:

- Suspicious or slow-moving cars, especially where children are gathered.
- People loitering where children gather, especially secluded areas.
- Stray animals that could be a safety threat to children.
- Evidence of child abuse, neglect or molestation.
- Children committing dangerous acts, (e.g., shooting B-B guns, lighting fires, playing in roadways or fighting other children).

•Locations where drivers speed or commit acts that are dangerous to children, (running stop signs, etc.).

If you see any of these conditions, record a description of people, vehicles and any other important information possible. In an emergency, phone the Military Police *immediately* at **561-HELP**, and have the information you wrote down handy.

Children are the most important resource of our community and the Helping Hand will provide that added degree of security for the Presidio children. Helping Hand is a *people* program for people who care about the safety and welfare of children. By displaying the Helping Hand sign, you will show that we in the military are concerned about our children, and are doing something about it.

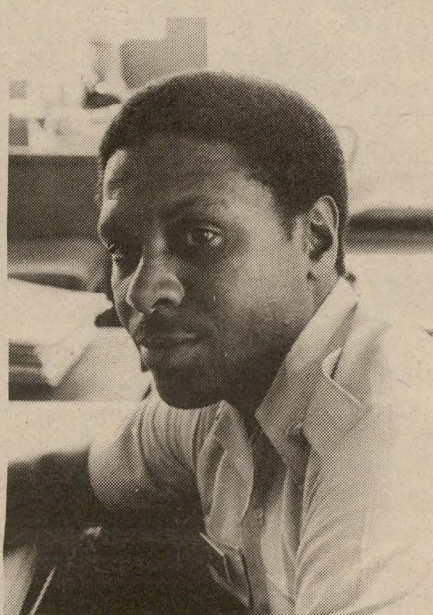
For more information about the Helping Hand program and how to become a Helping Hand volunteer, call the Presidio Crime Prevention Office at 561-5011/4925, or stop by the Provost Marshal office, Bldg. 36, to pick up a Helping Hand volunteer sign-up/instruction packet.

Ramblin' Sam

"What went through your mind during the last earthquake?"



Dianna Johnson, clerk typist, ACS, "I was wondering if my children were safe at the Child Development Center."



Sp4 Norris Smith, personnel actions specialist, COMPACT, "I kind of liked it because it was the first time I'd ever been in one. I've been in tornadoes, snow, rain and sand storms and heat waves. It was different!"



Rufus Henderson, employee relations specialist, CPO, "I was on the phone at the time with activities in Oakland. The same thing was going on there; I was wondering if the building was going to fall apart."



Mary Curry, administrative support services, DCSPER 6th Army, "I wanted to get out of building 37 and back into the basement of building 38. I was in the big one in 1956 in Daly City. It was a heavy one, breaking water mains. Your first thought is what do I do to protect myself?"

Editorial

Volunteers — a vanishing breed?

by Anita Blain

Will there come a time when volunteers will be a thing of the past? You say to yourself that it won't make any difference with or without them. When do you ever need the volunteer's help? I ask you to think for a minute just how often you, or someone in your family, is touched by an act of a volunteer...

Early in the day you drop your child off at the Child Development Center; not only is there paid staff to care for and teach your child, but now there are senior citizen volunteers helping in the day care and kindergarten rooms. For those of us whose children live far from their grandparents, we can be thankful for those who share their love and laps with our small ones. They are also a valuable reminder to our children of a grandparent, another generation; which they so seldom see or come in contact.

Today is the day you promised to give blood, so off you go to the hospital. Who is there directing you to the correct floor? Who is there helping make you feel more comfortable in the clinic? Who is there with a smiling face and cheery word to keep you from being

so nervous? The volunteer...probably one from Red Cross, that is giving his or her time to make things easier for you.

Looks like today is going to be one of those where you rush from one place to another. Now for a quick stop at the Army Community Service (ACS) office to look at the welcome folder from that new post to which you are being assigned. Again, it is a volunteer that is there to help you.

And isn't it an ACS volunteer who faithfully delivers your post newspaper each week? Wasn't it ACS that had the list of schools for you to look over when you first arrived? That certainly saved you a lot of time in finding just the right school for the children. And remember the time your household goods shipment arrived *weeks* after you did? If it hadn't been for the ACS loan closet, staffed by volunteers, that move could have been a costly nightmare.

The day is flying by and the children are home from school. You now assume your daily role as the chauffeur to your active family. Today Child #1 needs to be

taken to a scout meeting, Child #2 has to be at soccer practice by 3:30 p.m., and Child #3 has choir rehearsal. Finally! All are at their various activities and you can sit back and relax, knowing they are in safe hands...that's right, the capable and willing hands of a volunteer.

From the scout leaders and athletic coaches to the religious education instructors, acolytes and ushers; all are volunteers who touch your life in some way, many times a week.

Without volunteers, many programs and services would be discontinued. Some activities you may take for granted like scouts and sports would no longer be possible on the scale to which you've become accustomed. Programs that involve you with the civilian communities would probably disintegrate.

It is **volunteers** who take gifts to neighboring hospitals and nursing homes. It is **volunteers** who sing in these places during holiday seasons without being paid.

Think again. We do need volunteers. I, for one, hope the volunteer is not a vanishing breed.

The Star Presidian is published weekly by Specialty Graphics as a civilian enterprise in the interest of the military and civilian personnel at the Presidio of San Francisco, California.

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For information concerning advertising or any matter of business nature pertaining to the Star Presidian, please contact:

Richard Ford, Publisher
Bettie Owen, Advertising Director
David McGhan, Account Executive

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aafes
Army & Air Force Exchange Service

72 ways to please Mom on Mother's Day



Mother's day sale is Wednesday, 9 May through Sunday, 13 May at Presidio of S.F. main exchange

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5. Joy Perfume, 25 oz., Sale 39.95, our reg \$56
6. Opium Perfume, 25 oz., Sale 34.95, our reg \$46
7. Chanel No. 5, .20 oz., Sale 17.95, our reg \$24
8. Lauren Perfume, 3/8 oz., Sale 17.95, our reg \$23
9. Shalimar Perfume, .25 oz., Sale 24.95, our reg \$36
10. L'Air du Temps Eau de Toilette Spray, 1.7 oz., Sale 11.95, our reg \$15
11. L'Air du Temps Dusting Powder, 6 oz., Sale 12.40, our reg 14.50
12. L'Air du Temps Purse Perfume Spray, .20 oz., Sale 19.95, our reg \$28
13. Arpege by Lanvin Dusting Powder, 4 oz., Sale 4.99, our reg 7.75
14. Arpege by Lanvin Natural Spray, 2 oz., Sale 12.95, our reg 17.00
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16. Lady by Jovan Cologne Splash, 1.7 oz., Sale 5.95, our reg 9.75
17. Tatiana Moisturizing Lotion, 8 oz., Sale 8.40, our reg 10.50
18. Tatiana Cologne Spray, 1.5 oz., Sale 8.75, our reg \$11
19. Chantilly Gift Set, 4 oz. lotion & 1 oz. spray mist, Sale 4.50, our reg 5.80
20. Chantilly EDT spray, 1 oz., Sale 4.24, our reg 5.30
21. Faberge Tigress Cologne, 1.7 oz., Sale 5.95, our reg \$8
22. Faberge A Touch of Class Cologne Spray, 1.6 oz., Sale 4.99, our reg 7.25
23. Faberge Babe Spray Cologne, 2 oz., Sale 4.99, our reg 7.25
24. Emeraude by Coty Cologne Spray, 2.5 oz., Sale 5.50, our reg 7.50
25. Matchabelli Aviance Night Musk Cologne Spray, 1.3 oz., Sale 6.25, our reg 8.00
26. Matchabelli Cachet Cologne Spray, 1.5 oz., Sale 6.25, our reg 7.75

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30. Anniversary Ring with 10 diamonds, Sale \$191, our reg \$239
31. Anniversary Ring with 7 diamonds, Sale \$255, our reg \$319
32. No. 1 Pendant with 7 diamonds, Sale \$112, our reg \$140
33. Cocktail Ring with 10 diamonds, Sale \$319, our reg \$399
34. Butterfly Pendant with 6 diamonds, Sale \$152, our reg \$190
35. Lasercraft Jewelry Box, Sale 21.95, our reg 29.00
36. Lasercraft Music Box, Sale 14.95, our reg 20.00
37. Lasercraft Octagonal Music Box, Sale 15.95, our reg 21.50
38. Beatrix Potter "Music Collectible," Sale 17.50, our reg 23.50
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63. Samsonite "Silhouette III" 46" Garment Bag, Sale 44.95, our reg 59.50
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65. Samsonite "Silhouette III" 26" Cartwheels, Sale 65.95, our reg 87.50
66. Samsonite "Silhouette III" 29" Cartwheels, Sale 79.95, our reg 105.00

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Soldiers learn the ancient art of Ninjutsu

by Pat Barham

You can sleep safely tonight for the Ninja are watching over you. You say you don't know what a Ninja is? You probably aren't alone in your thinking. However, members of the Presidio's Special Reaction Team (SRT) know all too well the ways of the Ninja because it's now part of their training program.

Capt. L. Dale Seago, intelligence officer for the 504th MP Battalion and a practitioner of the art of Ninjutsu, is

instructing the eight to ten man team on the ways of the Ninja warrior.

Ninjutsu is a form of martial art which some people consider to be "the state of the art" in martial arts. Ninjutsu began in the south central region of Japan in the ninth century. Some of the people who lived in the mountain regions subjected themselves to the harshness of the wilderness, eventually forming an underground organization that fought the warlords of that era to protect their land.

As Japan experienced everchanging governments and military powers ruled villages and towns, the Ninja became protectors and fought to keep their land and property.

Some people believed that the Ninja were sorcerors who had magical powers. But the art of deception and disguise were a valuable Ninja tool and, although some considered them terrorists and assassins, the Ninja were simply masters of their trade who kept the warlords at bay.

Like the fables about the Knights of the Round Table and King Arthur, the Ninja became legends and stories of their deeds were exaggerated.

However, during the 15th and 16th centuries the mighty Samurai reigned supreme. As historians built up the image of the Samurai, the Ninja, by no means popular with the ruling class, had their reputation tarnished by accusations and were denounced by rulers. Even today the myth continues as novels, movies and TV throw in a Ninja or two whenever a sinister or immoral character is needed for evil purposes.

Because the Samurai were established and the government approved of their practices, their philosophy was encouraged while the Ninja were shunned.

Considered night warriors by their peers, the Ninja wore a traditional full black suit of clothing hiding all but eyes and hands. For this reason it was quite easy to blend in with surroundings and reach their goal. This type of garment, combined with their fighting style, resulted in the Ninja becoming a colorful figure to villagers and townspeople.

A Ninja operates using the four physical elements of matter (earth, water, fire and wind) as a guide. These "codes" as they are called, can be used in several ways to react to direct attack in order to overcome an opponent.

Earth, represents stability and stubbornness of the personality and is shown by a fighter who holds his ground and will not yield. **Water**, is shown when a person uses defensive angling and footwork to overextend his attacker. In doing this, the Ninja then

uses his power where needed for a counterattack. **Fire** is the most dynamic of the codes because in this mode the Ninja doesn't wait to be attacked and may attack without warning. **Wind**, the final element, represents the wisdom of the Ninja and is an elusive fighting method that redirects an opponent's movements away from his target.

"Each of the four elements can be used in the striking or grappling methods," said Seago, "the main thing to remember is that the Ninja doesn't hold to any one element and may use all four in the course of a confrontation in order to win."

Seago who has studied martial arts in various forms since 1967 said, "The ways of the Ninja is something that can be used in your everyday lives. I've studied Ninjutsu for about a year and, although I'm not a certified instructor, I wanted to pass on some of the things that I have learned to the SRT members."

Although the team members want to remain anonymous, they did have some comments about the program.

"I would like to see this type of training continue for a long time. The more you know about protecting yourself in any situation the better chances are you'll have more control over any situation that may arise," said one team member.

Another team member said, "This type of training helps in any situation. Getting in touch with your feelings and learning how to control them, always helps."

Seago said, "The mission of the SRT may vary depending on the situation, but through varying types of training like Ninjutsu, the SRT has one more tool which they can use to accomplish their mission more effectively."

"The emphasis for the SRT is on contemporary utility. Rolling methods can be used to quickly cross a small area while presenting a low-profile target. The striking methods, very different from karate, will slam an opponent out of the way even if he's wearing body armor. And the silent-movement and the cover and concealment methods are obviously useful for any soldier."

THE NINJA



OPSEC maintains security with modern technology

by Jeffrey Smith, INSCOM

In recent years the military has stressed the need for improved Operational Security (OPSEC). OPSEC is a term used to describe surveillance, signal, physical and information security. Its aim is to protect military operations and activities which might signal friendly plans and intentions to hostile observers which would deny us the advantage of secrecy and surprise.

History gives many examples of both good and poor operations security. Custer's ride in the open to the Little Big Horn and the Trojan Horse of the Greeks give examples of both.

Custer failed to ensure the security of his troops as he rode to meet larger forces. On the other hand, the Indians kept Custer under surveillance and did not reveal their plans until they were ready to attack.

The Trojans, confident of their security behind the walls of Troy, allowed a wooden horse to be brought into their city without checking it. According to the legend, Greek soldiers quietly waited in the horse until Troy was asleep and then opened the gates of the city — spelling the end of Troy.

World War I saw the use of reconnaissance aircraft to gather troop movement information; major troop buildups could be seen and reported.

The first World War also saw the beginning of the electronic age. Germany, desperate to keep America out of Europe, sent a plain text telegram offering to help Mexico reclaim its lost territories in North America if it attacked the United States. The message, called the "Zimmerman Letter," was picked up in both London and New York before it reached Mexico. The Mexican government declined the offer, but because of the furor it caused, America edged closer to war.

During World War II, electronic security played a major role in the allied victory. Japanese codes were

broken before hostilities began and were used successfully by America throughout the war.

The most famous case was the battle of Midway where codebreakers were able to report task force sizes, ship types and direction of approach.

The United States, observing strict operations security, laid in wait. The result was an American force of fewer than 50 ships defeating a Japanese armada of nearly 500 vessels. Despite this, Japan never changed its codes significantly.

Germany used a sophisticated keyboard device for its codes during the war. Britain was able to smuggle one of the devices, codenamed "Enigma," out of Czechoslovakia in the late 1930s; spies in Berlin supplied daily codes to London.

Enigma was so important to the war effort that Sir Winston Churchill said he would shoot anyone who disclosed its existence.

The Vietnam Conflict brought out severe weaknesses in America's OPSEC posture. Valuable information was often unclassified and easily obtainable by spies. Logistics and maintenance activities often telegraphed upcoming military operations.

A bizarre consequence of our poor OPSEC was the security that surrounded our own intelligence efforts in Vietnam. Before information gathered on Communist strengths could be disseminated to local commanders, it was often sent to the States for evaluation. This eliminated the timeliness of the intelligence; to the point that a commander would receive important combat information *after* the battle was fought. Reports on increasing communist strength in South Vietnam were not made available in time to meet the Tet Offensive.

Today, in peacetime, OPSEC is acknowledged as a decisive factor in the outcome of any future conflict. In the modern world of high tech military weapons, OPSEC has reached into the civilian sector of Defense Department contractors.

Recently, invoice checks at an American electronics firm showed that equipment the firm was repairing was actually American high tech machinery that was being used in the Soviet Union.

And following President Carter's disclosure of the existence of a Stealth Bomber in 1980, Soviet attempts to buy information on it became common.

Technology has made the world smaller — the need for OPSEC has increased because of sophisticated spying techniques.

OPSEC is the major mission of the West Coast battalion of the 902d Military Intelligence Group (MI Group) which is headquartered at Presidio. The 902d, with its detachments and resident offices spread out over 1.4 million miles, provides OPSEC support and advice and assistance for military units and Department of Defense contractors in the 12 western states of the US and Alaska.

First formed on May, 1946 in West Germany as the 525th MI Group, it moved to Ft. Meade, MD, in 1957. By 1965 hostilities in Southeast Asia took the 525th to Vietnam where its members served with honor, earning three Meritorious Unit Citations. Moving to the Presidio in 1974, the 525th became the 93rd MI Battalion (Provisional); part of the Intelligence and Security Command (INSCOM) formed in 1977.

In 1978, they became the USAINSCOM CI/SIGSEC Support Battalion, 902d MI Group, as they are known today.

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Community Calendar

Manager needed

The post Thrift Shop will be interviewing interested parties for the position of manager. For more information, please call Mrs. Palladino at 346-1399.

A written resume of previous experience should be sent in by May 11.

Recycling day set

Recycling for the month of May will be held Saturday. Quarters residents are reminded to have newspapers and all aluminum cans ready for pickup between the hours of 10 a.m. and 2 p.m.

In case of rain, there will be no recycling. However, cans and newspapers can be dropped off at the recycling point, located next to building 661, at any time.

Menu Board

The Menu Board will meet at the DLI-SF dining facility at 10 a.m. on May 17. The July menu will be discussed as well as changes to AR 30-1. Food service officers and NCO's, representatives from Veterinary Services, and reps from the Health and Environment Activity are **required** to attend. All other interested persons are welcome.

For more information, contact MSgt. Dieter H. Knaths at ext. 2259.



Historic photo
All the boardwalks aren't in New Jersey as this 1912 photograph demonstrates.
photo courtesy of Presidio Army Museum

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Self-teaching Spanish audio tapes and books are available for check out at the Education Center. Military assigned to Spanish-speaking countries are welcome to **keep** their sets of books and tapes, provided they show a copy of their orders.

Commissary council

The Commissary Council will meet in the Presidio Conference room in building 220 at 10 a.m. on May 15. The chairman invites commissary patrons to attend along with members and advisors representing them. For more information, call Arthur Wedel at ext. 2259.

Single parents

Single Parent Support Group will meet Tuesday, at 7:30 p.m. at the Religious Activities Center, Bldg. 682. Come share your successes and concerns.

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... the write stuff ...

by Richard Wetzel

CHANGES ... One of the Army's 'unofficial' rules is to be adaptable, learn to be flexible; be prepared for changes ... OK, so here I am, way back on page 5 ... or is it page 6 this week? ... Anyway, I hope no one don't get lost ... WHAT? ... That's a double negative? ... Oh, well, maybe no one won't notice ...

MUSICAL SNUFF ... If the Beatles had invaded America in 1984 instead of '64, they probably would have called them the Romantics, and rock and roll would have been delayed 20 years ... Granted the Romantics may not possess the musical abilities, talent and inventive sound that the Beatles were so well known for, but one couldn't help but make the comparison when these lads from Detroit, (no, not Liverpool) showed up to play the Kabuki Club with amplified harmonies, matching leather outfits, (remember the collarless jackets and ties?), high energy and enthusiasm that was so prominent in the early days of the Fab Four ...

Speaking of those Mop Tops (am I going too fast? Getting confused?), the San Francisco Ballet, under the direction of Michael Smuin, will present "To the Beatles (A Work in Progress)." They become the first professional ballet company to perform to the Beatles' music. The show runs tonight through Sunday.

... **RUSH** will produce some electrifying energy when they appear at the Cow Palace, May 25, as will Judas Priest, May 12 at the Cal Expo Amphitheatre in Sacramento, their only area appearance ...

Did anyone go the Elephant Media Race? I still haven't the slightest notion what went down ... However, I do know what will probably go down at the Donkey Basketball game, and I wouldn't touch that line with a 10-foot pole (my editor is snarling) ... Anyway, the fun begins at 7 p.m., at the Canyon Middle School Gym, 19600 Cull Canyon Road, Castro Valley ... The Annual

Worm Races (honestly, folks, I don't make these things up!) will be held at Austin Park, in Clearlake May 12, 19 and 26 ... I wonder if that's three different races, or is it just a *long* race ... Call (707) 994-3600 for more info ...

SPEAKING OF RACES, the Baker-Barry Tunnel will be closed to traffic this Sunday, May 6, from 9 to 9:15 a.m. This is so runners in the annual Scenic Bay Run can get from Fort Cronkhite en route to Sausalito. MP's will be on hand to direct traffic for the occasion ...

ZZZZZZRRRRRRROOOOOOMMMMM ... The National Car Racing Association (NCRA) holds races every Saturday evening through September 5 at the fairgrounds in Lakeport ... qualifying time is 7 p.m., the racing starts at 8 p.m. ... Call (707) 263-6181 for info and directions ... There's also stock car races at the Redwood Acres Fairgrounds, May 11, in Eureka ... Time trials begin at 6:30 p.m., race follows ... Call (707) 445-3037 ...

A Freestyle Arm Wrestling Championship is just one of the many events you're likely to encounter at the Willits Community Festival, where *else* but Willits? (you might want to dig out your California road maps) ... The Festival is held May 11 and 12 ... For more info, call (707) 459-4113 ... **BACK TO MY CITY BY THE BAY ...** The Annual Antiques and Collectors Show, featuring "turn of the century" fashions and rare oriental treasures, will be held May 5 and 6 at the Cow Palace ... The doors open at 10 a.m. ...

TID BITS ... The Single Soldiers Supper is held every third Wednesday of each month at 5 p.m. at the Religious Activity Center, bldg. 682 ... The Recreation Center is offering piano lessons, Mon.-Wed., and guitar lessons on Thursdays ... Mother's Day Cook-out on the Rec. Center's Patio, Sunday, May 13, 3 p.m.-5:30 p.m. ... contact the Rec Center at ext. 2000...

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At the movies					
Presidio Theatre			Schwartz Theatre		
May 3	Children of the Corn (R)	7 p.m.	May 3	Scarface (R)	7 p.m.
May 4	Children of the Corn (R)	7 p.m.	May 7	Children of the Corn (R)	7 p.m.
May 5	Never Cry Wolf (PG)	2 p.m.	May 9	Never Cry Wolf (PG)	7 p.m.
May 5	Never Cry Wolf (PG)	7 p.m.	Presidian Review: In <i>Never Cry Wolf</i> , a timid and scholarly government researcher goes into the wilderness of Northern Canada to study the wolf population. The struggles bring him new strengths as he becomes a defender of nature.		
May 6	Never Cry Wolf (PG)	7 p.m.			
May 7	Never Cry Wolf (PG)	7 p.m.			
May 8	Harry & Son (PG)	7 p.m.			
May 9	Harry & Son (PG)	7 p.m.			

Sports

Teams volley for title

by John Funes

The Intramural Volleyball Post Championships started last week with 10 teams participating. LAIR won the league competition and was seeded number one in the championships. They lost their first game to LAMC 15-4, 15-12, putting them in the loser's bracket early in the tournament.

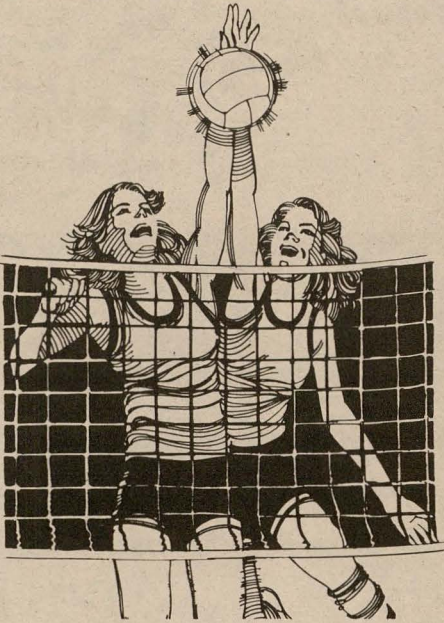
Nevertheless, LAMC's Olo Faitalia (a former All-Army Volleyball player) played a great all around game with strong hitting and blocking. His teammate, Sue Gilzean also played well with smart dinks and well-placed hits.

USAG went into the loser's bracket in the second round, losing to Golden

Gate Reserves 15-12, 8-15, 15-11. Steve Sauafea of Golden Gate Reserves and teammate Lauifea Seumanu's spiking and blocking proved too strong for USAG. Jim Searle's (GGR) serving skills against USAG's serving errors played a major role in Garrison's defeat.

As the tournament has progressed, the teams have gotten away from "jungle ball" rules and have improved their games.

With only four teams remaining in the tournament, LAMC, Golden Gate Reserves (both undefeated), LAIR and USAG, the champion — is still undecided.



LAIR wins

by Bob Darling

Veteran LAMC runner Bill Kociscak (20:11) edged out Allen Posey (20:14) of the Sports Branch by three seconds to win the post Road Race Championship on April 24.

The day was sunny, yet windy on the out and back 3.9 mile course. Eighty people took part and showed a lot of energy on the course.

The first woman finishing was Brenda Dow of COMPACT who placed 29th with 24:59. The team title was taken by LAIR, with Lon Kincannon, Dave Stamper and Dan Smith leading the way.

Tom Murphy won the master title by finishing in 6th place overall in 21:38.

Jimmy the Freak

This is the fourth set of predictions in a four-part series...I guess that means this is the last one, huh? For those of you in the audience that are National League West fans, I suppose you've been on pins and needles just waiting to see how I predict your favorite team will do, right? Until next time, just remember, of all of the people in the world...you're one of 'em. I'll also update you on my attempt to become canonized by the church. I'm hoping to be selected as the patron saint of underachievers. Bye, folks!

San Diego - Yes, the Padres do have a prayer! The team got a sweet swinger named Carmel(o), and the bullpen got Goosed! I predict that their new right fielder, Kevin McReynolds will be the N.L. Rookie of the Year and hit a lot of Mchomers. Good speed, good pitching and a good manager means a pennant winner south of L.A.

San Francisco Giants - that's right, second place!!

I also think that if all of the other teams in this weak division falter the least bit, the Giants could very easily slip into the playoffs. You gotta like the acquisition of Al Oliver...the guy can hit a lone drive inside of a telephone booth! The only thing keeping the Giants out of contention would be their pitching. If Hammaker comes back before the All-Star break, watch out!

Atlanta - The Red Sox of the West...all hit and no pitch. I've seen a better set of arms on a beach full of 98-pound weaklings. Their best pitcher will probably be suspended by the Commissioner, not for being an addict, but for being stupid...that wasn't a stamp he was carrying around in his wallet. Anyway, look for Dale Murphy to carry this team like he's done for the last two seasons.

Los Angeles - If you're a Dodger hater, you're going to love this season. The team looks dis-

organized. The teams looks weak on defense. The team looks lost in the bullpen. The team looks like a bunch of overpaid underachievers. Hmmm... maybe I could be their patron saint. There'll be no joy in Smogsville.

Houston - this is just a kind of nondescript team—no real superstars, no big power hitter, no super defensive specialist a la Ozzie Smith. Just no big deal, at all. If you are looking for excitement, don't go to a baseball game at the Astrodome. The Astros should shuffle into a .500 season, give or take a few games. These guys will make great poster boys for sleeping pills.

Cincinnati - The Reds went out and got what every young team needs. A new, understanding and compassionate manager. Righhht! Vern Rapp makes Attila the Hun look like a wimp. With his leadership and flair for the dramatic, the team should only finish about 40 games out of first place.

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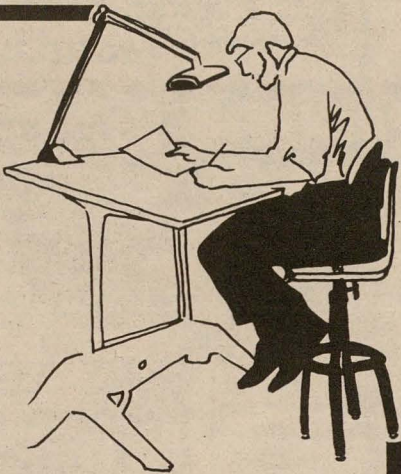
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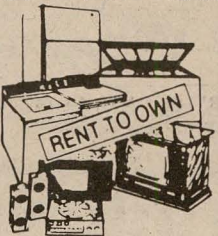
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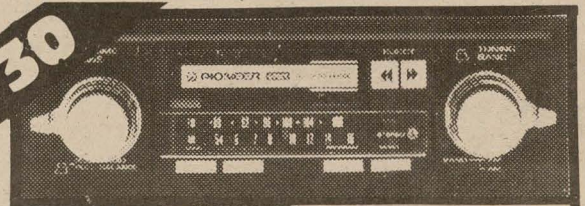
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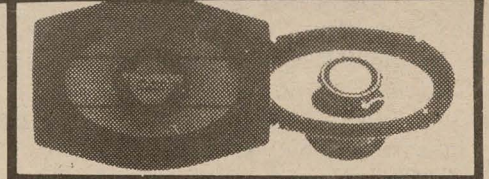
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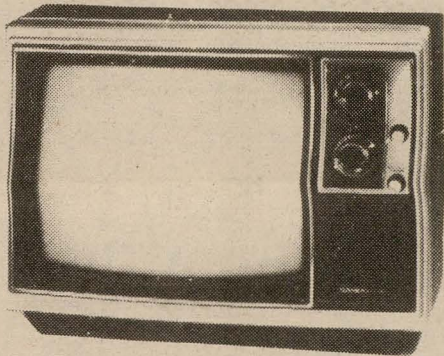
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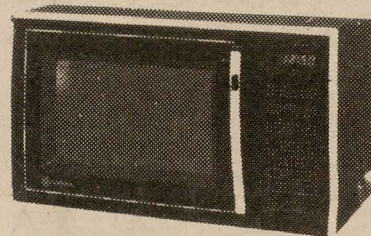
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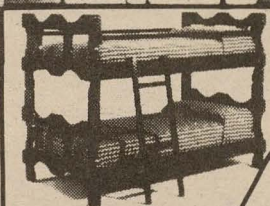


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Star Presidian

Vol. 27, No. 18

"Published in the interest of the people of the Presidio of San Francisco."

May 10, 1984

News briefs

Parking tickets issued

The California Vehicle Code requires that cars stopped or parked on a roadway where there are adjacent curbs must be stopped or parked with the right-hand wheels of such vehicles parallel with and within 18 inches of the right-hand curb, except that motorcycles shall be parked with at least one wheel or fender touching the right-hand curb. Where no curbs or barriers bound the roadway, right-hand parallel parking is required unless otherwise indicated. Violators *will* be cited.

Presidians are reminded that the speed limit through ALL family housing areas is 25 miles per hour, unless otherwise posted. The Military Police will continue to enforce the Vehicle Code and any speeding violations in housing areas as well.

The goal of this enforcement effort is to reduce the accident rate on the Presidio and make it a safer place to live and work.

Parking lot closes temporarily

The main parking lot, in front of bldgs. 101 through 106, will be affected by two events during next week's observance of Armed Forces Week. Because of these events, the lot will be coned (blocked off) by Presidio Military Police on both Tuesday, May 15th and Friday, May 19th.

Tuesday, about half of the lot will be closed to parking (Owen Street, south toward the Post Theater). On Friday, the entire lot will be closed while the parking lot serves as a staging area for soldiers and equipment here for the Armed Forces Day parade.

Employees should plan, as in years past, to find alternative parking, especially on Friday. Military Police recommend parking at Crissy Field and the large lot between the gym and Presidio Boulevard.

Vehicles left in the parking lot after 10 p.m. on Thursday, May 17th, will be towed at the owner's expense.

Armed Forces Week

Armed Forces Week will be celebrated in San Francisco May 14 to 19 when marching, jazz, rock, and bagpipe bands will perform throughout the city. Exhibits and displays from the Army, Navy, Air Force, Marines, and Coast Guard will also be presented.

Armed Forces Week is designated by Presidential proclamation to honor American military personnel.

Ghirardelli Square, Marina Green (tentatively), Pier 39, and Pier 45 will serve as sites for exhibits of military equipment and aircraft on Saturday, May 19.

The Army Band will be "Meeting the Challenge," the theme of Armed Forces Week, when it opens the week's activities with a concert at noon, Monday, May 14, at Crown Zellerbach Plaza.

A parade will highlight the Army, Navy, Air Force, and Marine marching bands on Friday, May 18.

I didn't know... my family

isn't protected

by Pat Barham

Little Billy needs to see the doctor, so Billy's mother starts up the old car and drives to the hospital where they have always received good care. After finding a parking place it's up to the window and ... WHAT!!!! Billy can't be treated!

Members of service families who aren't listed in the Defense Department's DEERS computers risk having their CHAMPUS claims denied, beginning in July.

Under the DEERS program a family member must be entered in the program or CHAMPUS benefits can be refused. Enrollment in the program is crucial because those same family members, military retirees, and survivors of deceased active duty or retired soldiers, won't be able to get non-emergency care at service hospitals and clinics after Oct. 1 (deadline date for enrollment) unless they show up on the DEERS roll.

Assistant Secretary of Defense for Health Affairs, William Mayer, M.D., recently declared that "No one will be denied emergency medical treatment in a military facility. However," he added, "anyone seeking non-emergency care in a uniformed service facility would be turned away if his or her eligibility cannot be confirmed through DEERS."

DEERS is the Defense Enrollment Eligibility Reporting System, a computerized data bank that keeps information on everyone who's eligible for military health benefits, including CHAMPUS. The

system is designed to make sure that only those who are eligible for those benefits receive them. By using all of its available health care resources more efficiently, DOD hopes to save tax dollars while still providing quality health care to service members.

According to Lloyd E. "Pete" Brown, health benefits advisor (LAMC), "Some states will start denying CHAMPUS claims beginning in July while others will take effect later in the year."

Brown explained that the DEERS program is backlogged four to six months now and that the sooner family members enroll in the system the less likely they are to have problems when the deadline hits in October.

Brown said, "If anyone would like to know if they are currently enrolled in the DEERS program they can call the Outpatient Records section LAMC at 561-3104 and find out. CHAMPUS related DEERS questions can be answered by calling ext. 4923.

Military family members who don't find themselves on the roll must go to the nearest personnel office and fill out the forms. Retirees and their family members, and survivors of deceased active or retired soldiers, can enroll at any personnel office.

If you're not in the system, the time is *now* to get into the DEERS program. Don't get caught without medical care because of an oversight — it's your benefit.



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Opinions

TAKE A BITE OUT OF CRIME

Car Thefts

A vehicular larceny (car theft) occurs when someone steals a vehicle, a vehicle accessory, or some article of value that was left in the vehicle. Vehicle larcenies account for three out of every 10 thefts on the Presidio. Vehicle larcenies increased since the beginning of April and the tips below are given to help prevent thieves from striking *your* car.

Some car thefts are from locked cars, but the majority are from cars or trucks left unlocked. An unlocked car is an open invitation to a car thief. If you leave a window or your sunroof partially open, professional thieves have tools that help unlock cars through the small open space.

A thief will not normally take the chance of breaking into your car unless he sees something valuable, or easy to steal. Leaving a purse, camera, or a package in plain view in your car creates a target of opportunity. Car thieves walk by cars looking for visible items. They also look for high-priced car stereos. If they see the car has no alarm,

and that it is unlocked or a window is partially open, they can get in, steal what they want and be gone in a matter of minutes or even seconds.

Do not make it easy for car thieves. Lock up whenever you leave your car, and take the keys with you. The tips below can help you prevent car thefts. Remember, what you do not do now could be *expensive* later.

The Presidio Crime Prevention office is available for assistance at 561-5011/4925.

You can help prevent vehicular larceny by:

- Always locking your car and taking the keys with you.
- Locking the trunk or tailgate.
- Closing the sunroof and windows tightly (but do not leave children or pets unattended inside).
- Not leaving valuable items in plain view. Lock them in the trunk or glove box, or put them under the seat.
- If possible, removing your car stereo/CB from the car and taking it with you or locking it in the trunk.
- Parking in well-lighted areas with pedestrian traffic.
- Not leaving your car in an unattended parking lot for long periods of time.
- Considering buying and installing security devices such as:
 - Interior hood locks.
 - Locking gas caps.
 - Locks for batteries, wheels and tape decks.

Non-alarm devices which set off sirens, horns, or lights which frighten thieves away before they can get into your car.

- Recording your car identification number (located on a small metal plate on the dashboard) and store it in a safe place.

- With an electronic engraver, etching your driver's license number, preceded by the state abbreviation, on your car stereo, CB and all other valuable removable items — *including* your hubcaps. These engravers are available through unit supply rooms and through the Crime Prevention office.

Crime Report:

In an effort to protect the citizens of the Presidio and our many guests and visitors, the Military Police report the following incidents that occurred last week that could have been prevented. Crime prevention is everybody's business!!

Larceny of private property:

Person(s) unknown broke into a vehicle in the LAMC parking lot to steal the stereo, cassette tapes and sunglasses.

Person(s) unknown broke into a vehicle in the LAMC lot and stole the stereo.

Person(s) unknown broke into a vehicle in the LAMC lot and took the stereo.

Person(s) unknown stole a wallet from an unlocked nightstand at LAMC.

Person(s) unknown stole a motorcycle helmet left on a nightstand at LAMC.

Ramblin' Sam

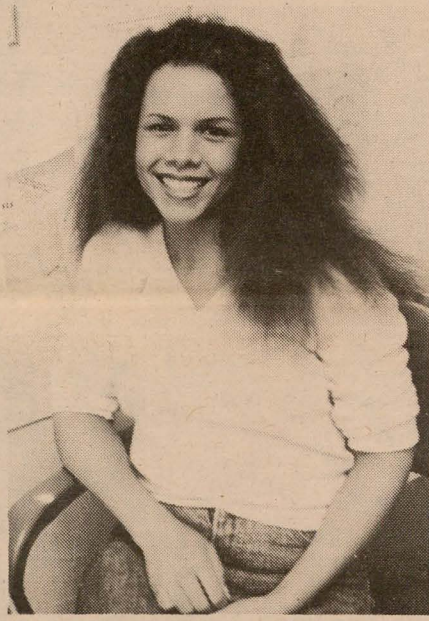
"Who was the best boss you ever had and why?"



PFC Ann Baltz, language analyst, DLI, "Jack Bower, because he was fair and got along well with his workers."



Pvt. 1 Ronald Mobley, linguist, DLI, "Capt. Holmes, because she make G Company so relaxed — a good learning environment, because there is no teise-ness."



Michele Caro, auditor, travel section, Finance and Accounting, "Patricia Mills — when I first came here, I didn't know about the military or travel. Her techniques were so good, I was back for only a year and went from a GS 3 to a GS 5."



Agnes Holster, clerk typist, travel section, Finance and Accounting, "Darlene Bristow, my supervisor because she makes me feel young. She's fast, efficient and makes everybody else keep up with her."

Actionline

The Action Line (561-Line) is a 24-hour service available to all Presidians desiring to express an opinion, make a suggestion or file a complaint.

All callers are requested to provide their name and a telephone number where they can be reached for more information. All comments, suggestions and complaints will be forwarded to the appropriate agency for action. Comments and answers will be published in an edition of this newspaper, unless confidence is requested.

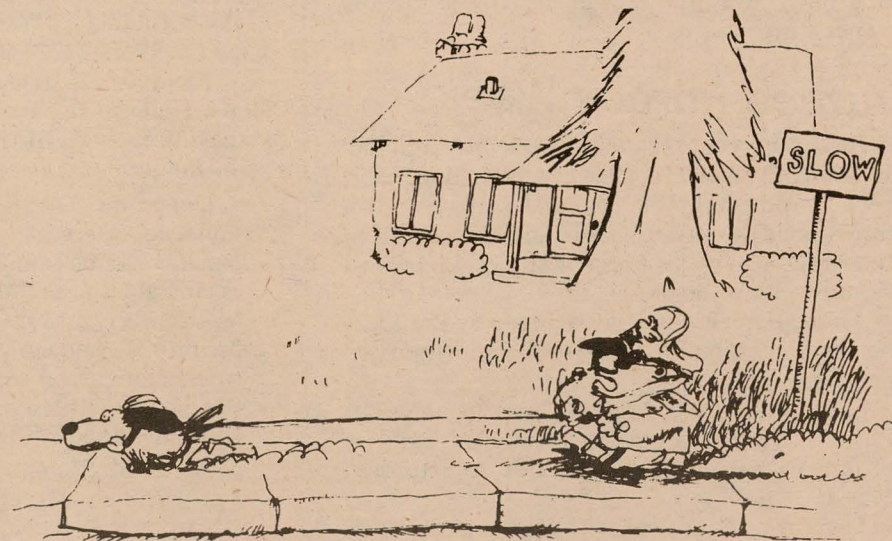
The Action Line is not a substitute

for the chain of command. Whether you are active duty, retired, DA civilian or a family member, a chain of command exists to assist you in finding a remedy to your problem in the shortest amount of time.

The Action Line is an alternative to help those who have had problems with the chain of command that cannot be resolved.

561-Line works for you and the entire Presidio community.

Call 561-Line and make a statement!!



By Stan Schneider

"I said halt boy! I said halt! Halt! Halt, and that's an order"

The **Star Presidian** is published weekly by Specialty Graphics as a civilian enterprise in the interest of the military and civilian personnel at the Presidio of San Francisco, California.

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Total that voucher, compute those figures!

by Bob Walker

If you are going to PCS (Permanent Change of Station), or going TDY soon, you will be seeing the people at the travel section of Finance and Accounting before long.

What will the experience be like? Will it be the headache you've heard it can be?

Better yet, what is the experience like for the people working on the *other* side of the travel section counter?

Mary Guthrie is the travel section chief at Presidio. She said that the tough part of her job is keeping up with the workload.

"Never being caught up is like looking down a tunnel and seeing a freight train coming toward you," she said.

"We have only two military people in the travel section. In spite of this, we still have had over a 50 percent turnover in personnel over the past six months. It takes four to six months to train a voucher examiner, so we spend a lot of time training our people. We have to put in a lot of overtime — we don't have time to sit down and work at a comfortable pace. Last month we received nearly 7,900 vouchers and we processed 7,250 of them. We return at least 400 vouchers a month because

they aren't signed or the proper documentation is not attached. Travel receives about 125 telephone calls a day as approximately 80 percent of our customers are outside the immediate area.

The workload was increased last October with the implementation of the JACS (JUMPS-Army Automated Coding System) Reserve Pay System. The workload increased 27 percent from 1982 to 1983, while productivity increased by a little over 30 percent with no additional manpower."

Guthrie said, "When people come to the travel section they should be sure to have all the documentation necessary

to pay their claim. People should be a little more understanding of our problems — we realize it is their money and that they want to be paid correctly and promptly. We do our best to honor this.

"With the volume to be done and the number of new people in the office, there are bound to be some errors. We are glad to recompute the vouchers and to make adjustments; we are always available to answer questions. We are closed to telephone calls from 7:30 to 9:30 a.m., *but* we are always open for emergencies. We have people working

in the section from 6:30 a.m. to 6:15 p.m."

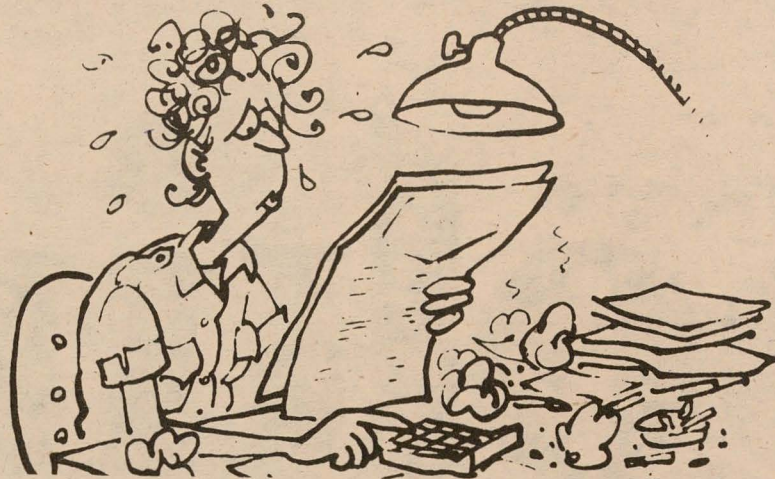
Darlene Bristow, a supervisor in Guthrie's section, said, "We've had irate customers because they don't understand our workload. Once they see our circumstances, they understand."

"I meet a lot of nice people. The job is interesting due to the many changes; there is a lot of variety. The regulations, changes and the job itself is interesting because the job is very diverse," Guthrie added.

Bristow said, "Guthrie is a very hard worker; she puts in a lot of hours. She is a very responsible and fair person to work for (and) she is very dedicated to her work. I take over whenever she is gone, so I can understand all of the responsibility and difficulties that she has."

Guthrie said, "We do get some very nice letters of appreciation. Some people really know what we're going through. Occasionally, we get a letter jokingly saying, 'Here's the 45½ copies you've requested.'"

PCS and TDY travel still a headache? Mary Guthrie and her crew may not have the cure, but they *might* join you in a couple of aspirin.



De-mystifying soldiers' benefits

by Jeane Redsecker

Enlisted soldiers and officers who entered active duty after December 6, 1976, unless they contracted earlier for service, are eligible for the Veteran's Educational Assistance Program (VEAP).

Enrollment

Enrollment is not automatic. Basic VEAP is a voluntary program and soldiers must contribute some of their own money to be eligible for matching government funds. There are two ways to contribute, either by allotment or in lump sum. A soldier may establish an Education Savings (EDSAV) allotment with between \$25 and \$100 per month by filling out a DA Form 1341 at Finance, or he may prefer to send a cashier's check to be credited to an EDSAV account. When contributing the lump sum, the soldier will be asked to specify how the money should be credited; for instance, \$600 could be credited as \$100 for six months, \$75 for eight months, \$50 for 12 months, \$25 for 24 months. The maximum amount the soldier can contribute under either method is \$2,700. This is matched with a government contribution of \$5,400 for a maximum entitlement of \$8,100.

Time limit

Soldiers may enroll at any time while on active duty, but it is recommended that lump sum payments be made at least 60 days prior to ETS. Benefits must be used within 10 years of separation, which must be under honorable conditions.

VEAP benefits may be used for VA-approved education programs such as finishing high school,

getting a college degree and enrolling in correspondence courses.

Payment

The amount paid per month while working on your education depends on your status as a student (active duty or veteran), the amount contributed, the number of months contributed, and the enrolled course load. If your goal is to obtain the highest amount of money each month, then you would contribute \$100 a month for 27 months. Because the Army adds \$200 a month, the resulting benefit payments would be \$300 for 27 months. If the goal is to obtain benefits for the *longest* period of time, you would contribute \$75 a month for 36 months. When the Army adds \$150 a month, the resulting benefit payments would be \$225 for 36 months.

A soldier may use VEAP benefits while on active duty after the first enlistment or first obligated tour of duty. The payment is then based on the cost of tuition and fees. For example, a soldier who had contributed \$100 for 27 months could be paid \$300 a month is enrolled full time at a school which charges tuition and fees of \$1,200 or more for a four-month semester.

Applying

Soldiers (after their first enlistment) or veterans may apply for VEAP benefits with VA Form 22-8821, **Application for Educational Assistance**, available at Army Education Centers and VA offices. Active duty soldiers must obtain an Education Center counselor's signature before sending the



form to a school for certification. It is important to identify your long term and short term goals and clearly communicate to the VA how your education program fits into these goals. Experimentation or frequent changes will probably not be funded.

This is the third in a series of articles about educational benefits. Soldiers are invited to discuss their individual cases with an education counselor.

'Year of Action' goals achieved

The "Year of Action" is a Presidio program designed to serve as a rallying point like the Army's "Be all you can be" slogan.

During the October Executive Off-site Conference in Reno, Nev., missions, goals and objectives were set for the Presidio, with directorates forming their own goals.

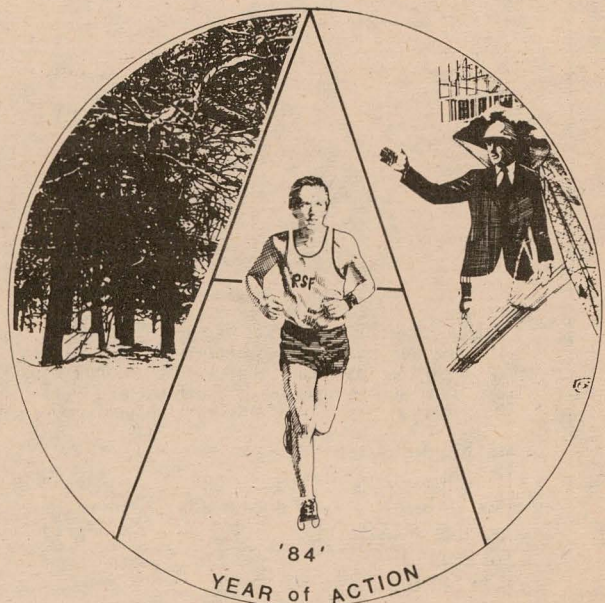
Here are a few highlights of the "Year of Action" goals achieved in April:

- Opened a modern Community Reenlistment Center —**Post Reenlistment Office/Adjutant**
- Achieved timeliness goals for Officer Efficiency Reports, Enlisted Efficiency Reports and SIDPERS input —**COMPACT**
- Maintained checks on proper use of soldiers within their MOS's (Military Occupational Specialties) —**COMPACT**
- Developed Presidio regulation revising Sponsorship programs —**COMPACT**
- Taught an Introduction to Supervision for New Managers course at CPO —**HRDD**
- Initiated new position for Family Advocate —**HRDD**

- Participated in Army Year of the Child activities —**HRDD**
- Publicized Child Development Services —**HRDD**
- Provided professional law enforcement for the Presidio community —**Provost Marshal**
- Reduced post thefts through citizen education, increased patrols and eliminating conditions conducive to crime —**Provost Marshal**
- Improved post physical security —**Provost Marshal**
- Installed new word processing system and trained staff on system —**IG**
- Trained staff and now operating PROFS (electronic mail, message and scheduling system) local network system —**IG**
- Exceeded all EEO goals —**CPO**
- Increased community and youth employment programs —**CPO**

These aren't all the accomplishments for April, just a few highlights.

At the beginning of each month a new list of achievements will be published in the Star Presidian.





For love of a child ...

by Bob Walker

There is seldom an empty bedroom in the home of one couple here at the Presidio — there are always children to fill the rooms, and love for the children.

The family will be called the "Bill and Jill Smith" family to preserve their privacy.

The Smiths now have five children in their home ranging in age from a few months to 15 years old. Several of the children are foster children.

"Jill" said she and her husband are part of both the civilian foster parent program in San Francisco and Presidio's Army Community Service (ACS) foster care program.

"We've had foster children since 1970 when we lived in Germany. At the time we took in a couple of boys," she said.

To understand the significance and simplicity of the ACS program, let's take a look at the civilian foster care program.

There are three forms of foster care. First, is long term foster care where children are placed in a foster home for over a year. Jill said, "It's not good for military people due to the constant moves." The second form of foster care is the fast-adopt program where children may eventually be adopted. The third form is the emergency shelter care program. Children are usually placed with foster parents from one to 45 days, until a court hearing determines what to do with the child.

In the emergency shelter program, the child is booked by the police and taken to a hospital where they are given a complete physical exam to check for abuse. They are then taken to the Children's Home Society where an emergency shelter foster home is selected.

There is a financial benefit to foster care through the city. According to Jill, \$12 to \$18 is paid each day per child for foster care. If the child is an infant, diapers are supplied by the

program and initial clothing, if needed, is paid for through a voucher system.

"There are lots of children's lives at stake in the San Francisco area. In one recent month 91 children under the age of two were placed in homes by the Children's Home Society," Jill said.

She added, the "Presidio needs a foster care program. Interested volunteers should call ACS, who will check out the home and the parents. If ACS could get a log so that they could call upon people in an emergency, it would be a big help to a lot of military people. When an emergency comes up, it's a problem figuring out what to do with the kids. A foster care program would be the solution to the problem."

ACS has such a program according to David Ciechanowski, ACS chief. ACS has occasionally placed children in Presidio homes for short periods of time. The program is expanding and the staff is looking for interested volunteers to come forward and make an appointment at ACS by calling 561-5057/5256.

What do you gain? The incentive in the program is Army people helping other Army people in an emergency, such as a death in the family, or when one or both parents are hospitalized.

Jill said that there is a need for good foster homes, especially in the San Francisco area and that more foster care needs to be available at military bases.

She said, "People tell me it's great what I'm doing, and that they should care for children, too. But when I offer to get them an application, they hem and haw. There are people at Presidio who have extra bedrooms, and where an adult is the homemaker throughout the day. They could be caring for children, but they seem to prefer to go to their tea parties instead."

"You get a lot of joy out of foster care. You might lose some sleep, but it's so rewarding! There's so much joy you just can't quit. I will always have my house full of children. If a bedroom becomes available, it will soon have a foster child sleeping in it."

WANTED: Loving homes

by David Ciechanowski

Of all the tragedies we encounter in our lives, it seems the most heart-breaking are those that affect the children. Without the capabilities to meet their own needs, they are dependent on the adults who are for whatever reason, their caretakers. Often because of illness, accident or other misfortune, parents become incapable of properly caring for the children, making it necessary for them to call upon foster parents.

Army Community Services is organizing a foster care program to provide for emergencies within the military community. With a good resource file of capable volunteer foster parents we will be able to place any Army family members with Army families. By doing this we hope to avoid unnecessary complications with civilian officials and courts in cases where they are not necessary.

We presently have foster parents to care for children in emergencies on a short term basis, but we have not identified adequate community resources to accept children for long term care.

Recently we were confronted with the need to place a young child for thirty days. We were pleased to find several families willing to care for the child at short notice.

There are a lot of resources out in the community, but we don't know where. People wanting to become foster parents should call ACS for an appointment at 561-5057/5256.

Volunteers need to consider foster parenting as a family affair. It requires the agreement of all family members, to be able to provide a loving and caring environment to eliminate as much of the heartache as possible that accompanies tragedies.

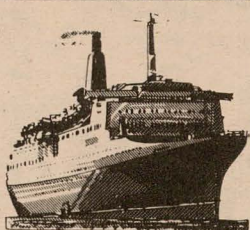
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Community Calendar

Newcomer's orientation

The May Newcomers' Orientation briefing will be held at the Post Chapel, on Fisher Loop, across from the Tradewinds NCO Club from 8 to 11:30 a.m. on Tuesday. Soldiers assigned to Headquarters Command Battalion (Provisional) who have not attended the briefing are **required** to attend this briefing which is intended to familiarize you with the installation and its facilities and activities.

Briefings are held the third Tuesday of every month. For more information, call ext. 2310.



El Cid

This statue of Ruy Diaz de Bivar, called "El Cid Campeador" (the warrior chief) stands outside the California Palace of the Legion of Honor Museum.

Family care class

Training sessions for family child care providers will be held at the Child Development Center, bldg. 569, on May 15 and May 22. Both sessions will be held in the evening from 6:30 p.m. to 9:30 p.m.

Attendance at these sessions is mandatory for all people who plan to care for children for pay in Presidio quarters. According to Ms. Karen Jupe, Family Services Director, eight hours of training is required before a person can be certified as a Family Child Care Provider. In addition to this training, home visits and background checks are made before certification is issued.

For additional information, contact Ms. Jupe at 561-4712.

... the write stuff ...

by Richard Wetzel

San Francisco is one of those places where you can lay on the beach in the hot sun and freeze to death....You may not feel those rays burning you, but take the advice of someone who found out the hard way, (or should I say the *red* way), take some precautions and use suntan lotion anyway. It can make all the difference in the way you sit down....

JUST A REMINDER...For those employees and soldiers that park in the main parking lot, don't drive with your eyes closed...no, seriously folks, just a reminder that half of the lot will be closed on Tuesday for Transpo '84, featuring exhibits from the National Defense Transportation Association (NDTA), including a Coast Guard rescue helicopter ...ALSO, on Friday, May 18, the entire lot will be closed for the staging of the Armed Forces Day Parade. More info on that will be forthcoming next week.

CABLE TV IS HERE!!!!!!...The cable TV service is now available in all quarters and barracks, to include dayrooms. An intro package should be arriving on your doorstep in the very near future, if it hasn't already....So, whatta ya waiting for??? Dig out your "YA YA's" and yell, "I WANT MY BEEF!"...er, uh, make that MTV...(excuse me while I get carried away!)...

MORE CHANGES...San Francisco's First "Great Cable Car Chase" has been officially changed to "The...(three words, hint: a rice dish, sounds like "mice and macaroni") Cable Car Chase"...It's still a 4.9 mile run, still commemorating the return of cable car service to the city, it will still be held June 17, which by the way is still Father's Day, and finally, it still benefits the Epilepsy Society of San Francisco....The only thing that changes is the name, and I'm not even going to tell you what that is...Oh, one last thing...it still

costs \$8....

MUSICAL SNUFF...The Kabuki Club, Japan Center, presents Santana May 19 and Paul Young and the Royal Family May 24 (does this mean Queen E, Chuck and Di will show up???)...Modern English is at Wolfgang's May 29, and at the Warfield Theatre with Thomas Dolby, May 24....The Greek Theatre, Berkeley, offers Huey Lewis and the News ("I Want a New Drug") June 8, 9 with David Gilmour, lead guitarist and vocalist of Pink Floyd, June 29....**LAUGHING STIFF...**"An Evening of Comedy" (the 5th Annual) is hosted by Alex Bennett, featuring Franklyn Ajaye, Will Durst, Michael Pritchard and many others, May 25 at the Kabuki Club. Tickets are \$15, proceeds go to the San Francisco Special Olympics....The Festival of International Commercials opens this week at the Castro Theater, corner of Market and Castro Streets....

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Sports

Olympic Torch will be carried by PSF GI

by J. Alan Edmonds, Jr.

Rumors sometimes have a funny way of bearing out truth. Witness one soldier's encounter with a 'rumor' that proved to be the truth.

"I first heard that I had been chosen on a Friday afternoon from what I would call unreliable sources ... people who had heard it from other people. So naturally at first I wasn't sure. I spent the next couple of days trying to verify what I had heard and succeeded only after getting in contact with Capt. Jerry Bush. Only then did I believe it," says Sp5 Leo Simmons, a personnel administrative specialist with the Headquarters Command Battalion Personnel Administration Center.

For those who haven't heard, Simmons was chosen to carry the Olympic Torch on its long relay run to Los Angeles.

"It's an honor for me as a soldier and as an individual to be selected for this once in a lifetime experience. It's something that I take very seriously and I want to make everyone who is part of the Presidio proud of me and make it a memorable event," Simmons says.

In preparation for the event, the 25-year-old native of Springfield, Illinois, says he runs five miles a day; and puts in 30 to 35 miles a week on a bicycle.

The one kilometer Presidio portion of the Olympic Torch Relay is scheduled to be run July 16 at 9:20 a.m.

The exact route the torch will take through the post is yet to be determined.

"I think back two and a half years ago when I was notified of my assignment to Greece. I felt the same elation then that I felt when I was told I would be the Presidio representative in the torch run. The closest I ever thought I'd get to Greece was through a travel brochure. I feel as if somehow I was destined to be a part of the torch run. The Olympic Torch began its journey in Greece and now I find, less than a year after completing a lengthy tour in that country, that I'm fated to carry the Olympic Torch through the Presidio. This will truly be an honor," Simmons says.

Track team places well in competitions

Over the weekend in Santa Barbara Wendell Angel of the Army track team ran the 400 meter hurdles in 50:44 to qualify the Track Athletic Conference (TAC) National Championships and U.S. Olympic trials in June.

He took the lead on the back stretch and ran to victory in a good time. Only 20 hurdlers in the U.S. ran faster times last year. The team did well in the Nick Carter Class held at U.C. Santa Barbara, earning many victories and high places.

10,000 meters:

1st, Tom Harden, 32:35

High Jump:

1st, George Milton, 7'¾"

2nd, Ruben Wallace, 6'11½"

Triple Jump:

1st, Fred Brooks, 52'4"

2nd, Curtis Miles, 50'¾"

3rd, Charles Swindell, 49'10½"

1600 Meter Relay:

1st, 3:11.6

Long Jump:

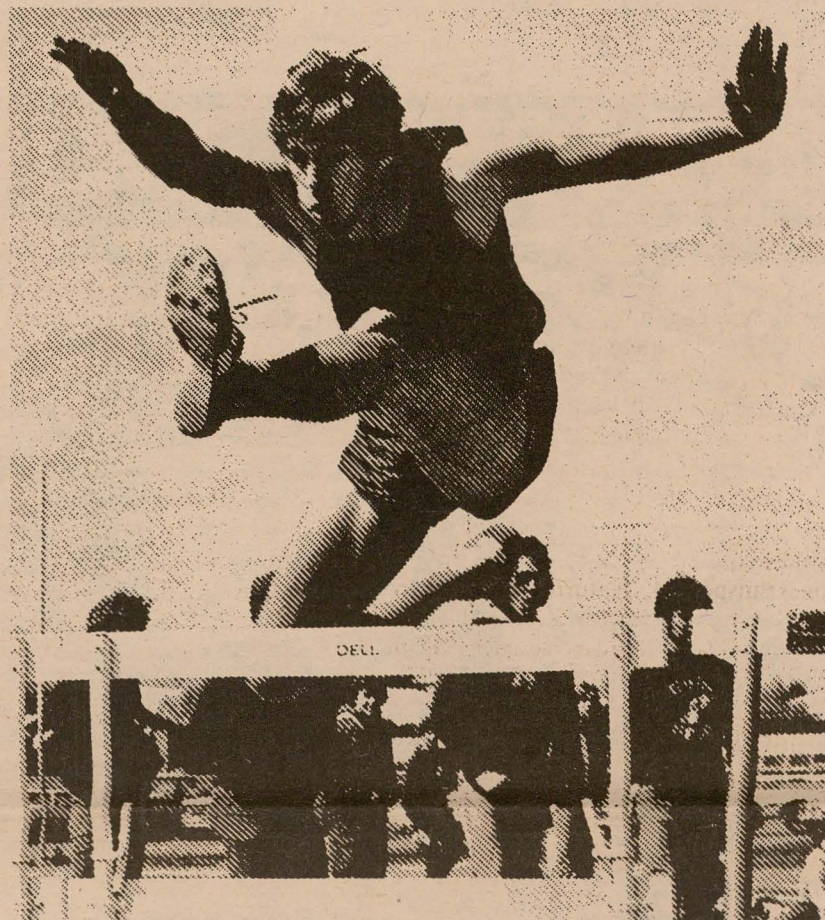
2nd, Curtis Miles, 23'

200 Meter:

2nd Kevin Nance, 21.0

In women's action, the team participated in the Johnny Mathis Invitational Friday at San Francisco State University.

Darlene Grant placed second in the 100 meter hurdles in 14.4 to lead the way.



Softball officials clinic slated

A softball officials meeting and clinic will be held 4 p.m. on May 16 at Post Gym No. 1, bldg. 63. All people interested in officiating softball are en-

couraged to attend. The meeting will consist of rules interpretation and mechanics. For more information contact the Presidio Sports Office, 4120/5032.

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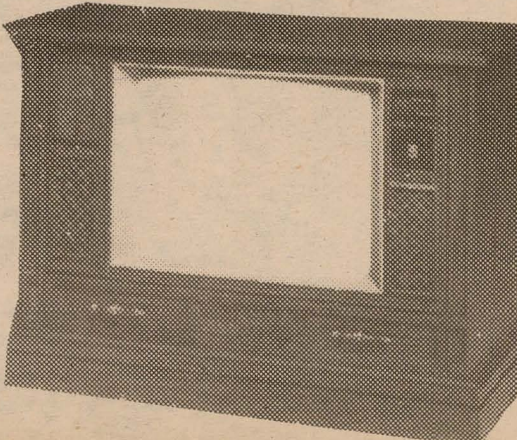
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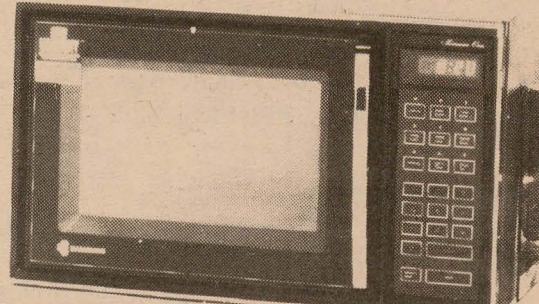
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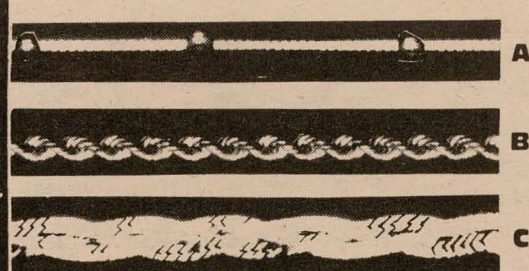
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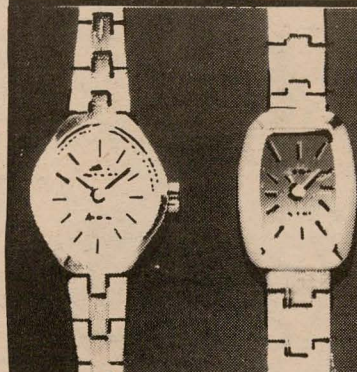


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Star Presidian

Vol. 27, No. 19

"Published in the interest of the people of the Presidio of San Francisco."

May 17, 1984

News briefs

Quarterly Blood Drive

The second quarterly Blood Drive will be held on Tuesday from 8 a.m. to 2 p.m. at the NCO Club, bldg. 135.

Prospective donors may also give blood on Thursday, May 24, from 8 a.m. to 2 p.m. at the Log Cabin, bldg. 1299.

Last month the Presidio Blood Fund received the Golden Pints Award for donating more than 1600 pints, or 200 gallons, during 1983. According to Annie Wing at Irwin Memorial Blood Bank, the Presidio is one of only five recipients of the award in San Francisco.

According to Wing, since through processing blood components (plasma, etc.), one pint *can* help up to four people, Presidians *may* have helped 6,400 people last year!

For more information about the quarterly blood drive, call Ruthie Adams or Ivania Brown at ext. 4516/4096.

Parking Lot closes

Due to Armed Forces Week activities, the main parking lot will be closed to vehicles from 5 a.m. today until 4 p.m., Saturday. Presidians are asked to consider alternative parking areas, such as the area between the Gym and Presidio Boulevard and also Crissy Field on these days. It should also be noted that the Officers' Club Parking Lot will be coned off from midnight Wednesday, May 16, until 10 p.m. tonight.

For those Presidians interested in viewing the annual Armed Forces Week parade on Friday in downtown San Francisco, limited space is available on buses being used to transport parade participants. These buses will be located in the main parking lot near the Centennial tree, and will leave at 11 a.m. Spectators will be taken to the parade site and picked up near the reviewing stand following the event, returning to Presidio about 1 p.m.

LAMC commander gets second star

Maj. Gen. Frank F. Ledford Jr., commander of Letterman Army Medical Center, received his second star in a promotion ceremony at the Presidio of San Francisco on May 1. Ledford, who had commanded Letterman since August 18, 1982, was promoted by Maj. Gen. Floyd Baker, a former Letterman commander who now heads the U.S. Army Health Services Command.

The ceremony strengthened the long association between Ledford's Army medical career and Letterman, which began with the completion of his residency in orthopedics there in 1966. After his residency, Ledford served in Vietnam, Germany, in the Surgeon General's office as Assistant Surgical Consultant, and as Chief, Graduate Medical Education for the U.S. Army Medical Department. He later commanded Irwin Army Hospital in Fort Riley, Kansas, and then Martin Army Hospital at Fort Benning, Georgia. He returned to Letterman in 1982 following an assignment as Chief, Medical Corps Affairs and Director, Professional Services in the Office of the Surgeon General.



by Patrick Ryan.

A live TV broadcast from the parade ground of the Presidio, military band performances, a parade and extensive displays highlight Armed Forces Week, May 14-19, 1984.

The Sixth US Army Band opened the week's festivities by celebrating the 35th anniversary of Armed Forces Week with a concert at noon, Monday, at Crown Zellerbach Plaza. "Meeting the Challenge" is the 1984 theme.

Jazz, rock, bagpipe and traditional military bands are performing throughout the city this week.

Today, "The Commanders," the Air Force 17-piece jazz band, will perform at Ghirardelli Square at 1 p.m. The 1st Marine Division Band will perform in a live broadcast from the Presidio on KRON TV's "TG14" at 4 p.m.

The Armed Forces Week parade takes place tomorrow at noon in downtown San Francisco. Army, Navy, Air Force and Marine marching bands, along with Coast Guard and H.M.S. Active marching units will perform.

The Presidio will hold ROTC Drills Saturday and the 91st Division Band and Bagpipers will perform jointly.

Armed Forces Week originated Aug. 31, 1949 when the Secretary of Defense announced that the third Saturday in May would be designated as "Armed Forces Day" to honor American military personnel who shield the nation and protect the principles upon which it stands.

President Truman issued a proclamation citing May 20, 1950 as the first Armed Forces Day. Every President since then has reaffirmed the observance of the annual event.

"Overall, this should be one of the finest, most extensive Armed Forces Week celebrations," said Captain Bill Auer, Armed Forces Week Project Officer for Headquarters, Sixth US Army Public Affairs, at the Presidio of San Francisco. "Saturday, May 19, is a

day of city-wide exhibits, displays and band performances," Auer added.

Pier 35, Pier 39, Pier 45, Ghirardelli Square and the Marina Green will all display military equipment or aircraft. Military bands will provide music at all sites except Pier 35.

The Marina Green, the largest site, will feature US Coast Guard helicopter air-sea rescue demonstrations at 10 a.m. and 3 p.m. The Pacific Strike Disaster Team will man other Coast Guard displays. The Air Force Dog team will perform at noon and 2 p.m. Aircraft fire fighting equipment will also be available along with a variety of new Army, Marine and Coast Guard equipment.

The Army Reserve 91st Division Band performs with the 91st Division Bagpipe Band at 3:30 p.m., while the 1st Marine Division Band performs at 4:15 p.m.

The U.S.S. Horn, a guided missile cruiser at Pier 45, and the U.S.S. Peoria, a Marine Corps landing vessel at Pier 35, will be ready for public inspection from 1 p.m. to 5 p.m. on both Friday and Saturday. The British frigate H.M.S. Active will also be available for boarding on Saturday at Pier 45, as will two Coast Guard patrol boats at Pier 39.

Pier 39 also will feature Coast guard helicopter air-sea rescue demonstrations at 10:30 a.m. and 2:30 p.m. A mock Air Force fighter plane will be available for children at 12 noon at Pier 39 and 2 p.m. at Pier 45. The 1st Marine Division Band performs at Pier 45 at 1 p.m.

First aid, CPR and the Heimlich Maneuver will be taught as part of a larger medical team demonstration at Ghirardelli Square; blood pressure tests will be available to the public. The US Marine Corps will provide parachute folding and rigging demonstrations. The 1st Marine Division Band will perform at 11 a.m. and the 91st Division Bagpipe Band will perform at 1:30 p.m.

The 4th annual Combined Armed Forces Ball will be held Saturday, May 19, at 6:30 p.m. in Building #2, at the Naval Air Station, Treasure Island. Reservation information can be obtained by calling 765-6941.



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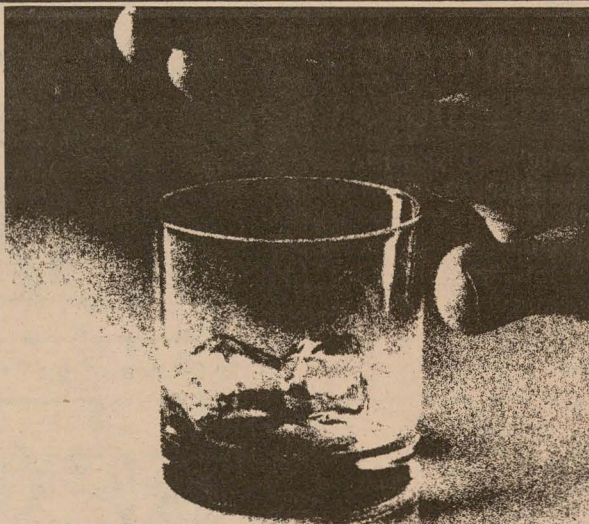
Opinions

TAKE A BITE OUT OF CRIME

Driving a car is a privilege. The convenience of cars has developed into a near necessity in the American lifestyle. There are regulatory guidelines for use of public streets and highways designed to ensure the safety of people using those roadways. These safety precautions, when observed, have saved many lives and have given the driver a reasonable expectation of an accident-free trip.

But the leading cause of traffic accidents in the U.S. is driving under the influence of alcohol. In fact, 55 percent of all traffic accidents and 50 percent of traffic-related deaths are caused by drunk drivers. A person with a blood-alcohol content of .10 percent or higher is considered to be under the influence of alcohol, (and a total of three to five drinks over a two hour period can put you into the .10 percent category. It takes at least three hours to then come back within the legally acceptable limits. Remember — *you* are the only control measure that can work effectively in this situation. Do not drink and drive!

There have been 13 cases of driving under the influence of alcohol recorded on the Presidio to date this year. Eight of these cases were active duty. MP traffic



“No thanks. I’m driving.”

stops are made for many reasons, such as a defective tail light or running a stop sign. During the stop the smell of alcohol or the operator's behavior may tip off the military policeman who now suspects him of driving under the influence and the driver is caught. Only *you* can prevent this dangerous practice, and prevent your career from being ruined. **Don't** drink and drive.

Report all known or suspected drunk drivers to the Military Police at 561-2252.

Immediate suspension of driving privileges as a result of drunk driving charges is authorized for soldiers and their family members, DA civilian employees and others with installation driving privileges.

Privileges will be suspended under the following circumstances:

- Apprehension for drunk driving
- Refusal to take or complete a lawfully requested chemical test for blood-alcohol content
- Driving or being in physical control of a motor vehicle on post when blood alcohol content is .10 percent or higher, or off-post when blood alcohol content exceeds the applicable standards.

Crime Report

In an effort to protect the citizens of Presidio and our many guests and visitors, the Military Police report the following incidents that occurred last week that could have been prevented. Crime Prevention is everybody's business!

Thefts of Private Property

Person(s) unknown took cash from a wallet left unsecured in an office.

Person(s) unknown stole a 10-speed bicycle from a bike rack by removing the lock and cable.

Person(s) unknown stole a 12-speed bicycle from a bike rack by cutting the lock.

Person(s) unknown, by unknown means, took a 10-speed bicycle from a bike rack.

Ramblin' Sam

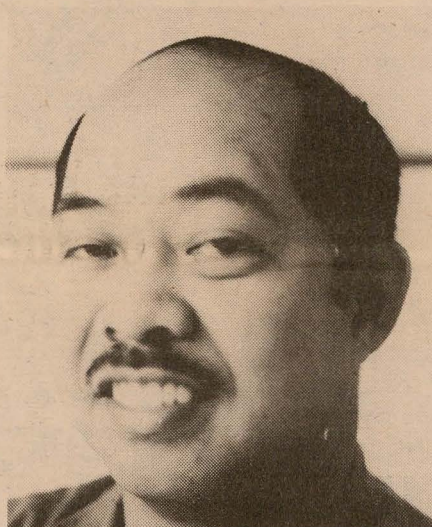
(Asked at Headquarters Command Battalion): “Who was the best employee you ever had? Why?”



SSgt. Michael Medsker, PAC, Headquarters Command Battalion, “I can't say any one person in particular. It's a team — the team I have now in my section. It consists of 19 people, a composite of different units; it's unique. They work well together.”



Capt. Larry Gilmore, S-3 assistant, Headquarters Command Battalion, “Mrs. Becky Smith, while I was at the 2nd Armored Division Forward in Germany. She was dependable, willing to learn, accepted constructive criticism, and was very motivated. She was a dedicated person giving 100 percent — an overall outstanding person.”



MSgt. Stephen De la Cueva, S-4, Headquarters Command Battalion, “Jean Bonham was my best employee. She was my classified document custodian clerk at the US Army War College in Pennsylvania. She was dependable, trustworthy, a self-starter — I didn't have to do followup. She was self-reliant and got the job done. She impressed me as a person.”



Lt. Col. David Neck, Cdr., HQ Cmd Bn, PSF, “CPT Jim Berg, VMI grad, was my best employee. He had guts and hung in there! Jim was seriously injured by a mine in RVN, spending 18 months in Walter Reed. When he worked for me, his left arm was paralyzed, had limited use of his right arm, a slow, shuffling walk. But he underwent therapy, met personal challenges, never gave up!

Editorial

by Kathryn McDonald, LAMC

May has been proclaimed Better Hearing and Speech Month, with the theme of “Spreading Laughter Through Hearing and Speech.” This official recognition gives all of us an opportunity to reflect on the needs of those who could have more joy in their lives but for the barriers of communication handicaps.

It is estimated that over 10 percent of this country's population have hearing or speech and language disorders which severely affect their ability to communicate. Many of these people are being helped to overcome their handicaps through medical and surgical means — hearing, speech and language rehabilitation

and hearing aids. The progress has been steady in most areas, but quite dramatic progress has been made in some areas, such as microelectronics.

Progress, while encouraging, is inadequate when you think about the gap between a hearing-, speech- or language-impaired person and a society which depends on a constant, complex and abundant exchange of information to function. While there are many people and groups trained and committed to help the communication-handicapped better meet the demands of our society, their efforts can give only partial solutions to the problem. The *real* barriers are erected by the

public; those of us through misinformation, fear or simple lack of awareness contribute to the isolation of the communication-handicapped. And this isolation isn't just social, but severely affects educational and vocational opportunities as well.

If you think you or a member of your family might have a hearing problem, the first step is to contact your doctor. He may refer you to further tests and treatment by specialist (e.g., otolaryngologist, audiologist, speech/language pathologist). As with most health-related problems, early discovery is often the key to successful treatment.

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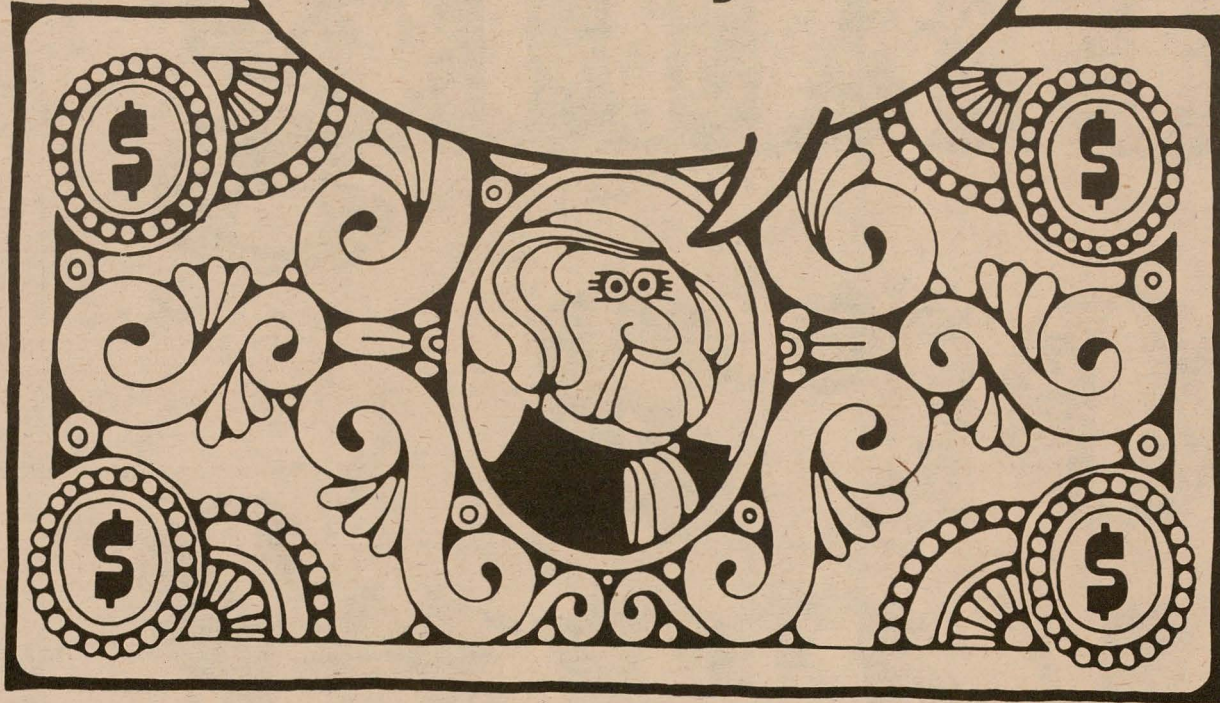
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Sure-pay is on its way!



by Pat Barham

Sure-pay is coming! Sure-pay is coming! You may laugh now but for many soldiers on the Presidio Sure-pay will become a reality in the next six months.

According to Capt. Eric S. Gerencser, chief of finance operations branch, a plan has been finalized by DOD to convert all active duty Army persons (including National Guard and Reserve soldiers on extended active duty) to mandatory sure-pay. The con-

versation is scheduled to be completed by Oct. 1. Soldiers in the grade of E-6 and below will receive instruction on checkbook management through their units while officers and enlisted people in grades E-7 - E-9 sign up for the plan. Gerencser said, "This program will eliminate the check-to-unit and check-to-address for all soldiers. Soldiers who already have check-to-bank or financial institution need not worry about the changeover, but everyone else should begin entering the system."

"The Army spends about \$40 to \$50 million a year processing paperwork for those soldiers who aren't in the program now. This is a lot of money and averages out to one and one-half million dollars every two weeks on paydays," Gerencser said.

Unit commanders will be responsible for identifying soldiers who need the classes and who aren't in the program. "The biggest factor that should be emphasized," Gerencser said, "is that fighting the system is only going to prolong the final outcome of entering the system."

Individual paychecks will no longer be mailed out to units or private addresses. The only way an individual can receive a check is if the person has an exemption.

"Exemptions can only be granted by general officers," Gerencser said. "If a person is able to get an exemption there are a lot of other problems that will accompany it. For example the new policy states that if someone has an exemption the only place they can receive their check is through the finance office. There a person would have to physically come into the office and sign for the check. For some people who are stationed in areas that aren't close to the installation this would be a big problem. People just can't operate under these types of conditions."

Soldiers attending basic training or advanced individual training (AIT) will not come under the system until they arrive at their first duty station. Then the soldier will have to pick a bank or financial institution and enter the system.

Gerencser said, "Soldiers are only authorized one bank for the sure-pay system. If soldiers are married to other soldiers each may elect to have a separate institution or bank or they may have a joint account — but both must have the sure-pay started."

Pay option changes to the Finance and Accounting Office should include a DA Form 3685 (Jumps-Army Pay Elections) with a SF 1199A (Authorization for Deposit of Federal Recurring Payments) which is completed by the financial institution when you open an account in order to enter the system.

At the end of the deadline soldiers can expect to receive notices from their units if they haven't already entered the system but whether you do it now, or later, the mandatory sure-pay is coming and it's going to happen, one way or another.

As Gerencser said, "Don't wait until the last minute, get ahead of the game and make the change. It will be better for the soldier in the long run."

Goodwill Grad — a success story

by Bob Walker

A civilian worker has been selected as the Goodwill Graduate of the Year for his achievement in overcoming his disabilities. He was chosen from four finalists by the San Francisco Goodwill chapter.

Lindsey Watson, a laundry worker at the Quartermaster Laundry has made a number of changes in his life because of the help he received from the Goodwill Industries of San Francisco.

When Watson, originally from New York City, came to California about 1978, he was an alcoholic and couldn't read or write.

"My life before Goodwill was kind of rough. I was an alcoholic. Goodwill wasn't bad, it kept me off the streets. It did a lot for me — I was almost ready to give up before Goodwill came into my life," Watson said.

"Goodwill helped me to get this job; they talked with me a lot. I used to drink a lot — I didn't think I could get off of it. They kept talking to me when I talked about drinking.

"I feel like I do a good day's work. That's the reason why I think I got the award," Watson added.

"I do a cleaning job here. I started out with clothes and changed over to this job as a janitor. So far it's working out. I don't have anything to complain about," he said.

Terri Straw, rehabilitation director at Goodwill said, "Lindsey met all of the basic criteria for the award. He had a disability, worked at Goodwill and has worked at Presidio for over six

months. How a person presents himself and how he communicates his success is a deciding factor.

"Lindsey kind of charmed the interviewers as he expressed the changes made in his life through Goodwill. People selected must also be a good role model for others [and] he is an excellent role model. He cleaned up his act, social skill and grooming. He's a good role model when he comes back to visit. He says 'I can do it, you can too!'"

Watson's supervisor at the laundry, William Beck said, "He is a good worker; he had a few problems at first. He's one of the most dedicated workers I've ever seen. He rides his bike from Daly City, regardless of the weather. He doesn't need any guidance and he gets the work done quickly, without having to be told what to do."

Beck said that one example of Watson's dedication was the morning he came in to work with an abscessed tooth. He had to be ordered to go to the dentist — he wanted to do his work.

Lindsey Watson has had a rough time — he realized a long time ago that he had a problem, so he put his two boys in a foster home. They are now 10 and 16 years old. He hopes to get them back someday, once he has proven he can support them properly.

On June 20, Watson will receive his award from Goodwill for his accomplishment in overcoming his problems.



Lindsey Watson pushes his broom at the laundry.

photo by Pat Barham

864th Engineers

Way down yonder in Honduras

by 129th PAD, SDARNG

Soldiers of the 864th Engineering Battalion Task Force Charlie are in the process of constructing a C-130 airstrip in Honduras' Jamastran Valley during the months of April and May. Task Force Charlie is made up of Charlie Company and elements of Alpha Company, Ft. Lewis, Wash., plus elements of Delta Company, Presidio of San Francisco, Calif.

The construction of this airstrip, along with another being built near Cucuyagua, are part of phase I of the upcoming combined joint exercise GRANADERO I. The two temporary C-130 airstrips will be used extensively to support the exercise forces conducting phase II, the tactical employment phase of the exercise. The Jamastran airstrip is scheduled for completion by the last part of May, while the Cucuyagua airstrip will be finished by the first part of June.

So far, crews working 18 hours a day in two shifts have finished a borrow pit

and built a ditch runway for water drainage. The plan is to strip six inches of organic soil from the area and fill it with a six inch layer of sand. To that they will add 18 inches of select-fill, which is first tested for quality by a soil laboratory in Tegucigalpa. The fill will then be compacted to the desired strength.

In addition, a parking apron and aircraft refueling point are being built. The parking apron is scheduled to accommodate up to six C-130s.

Soldiers building the Jamastran airstrip find the usual inconveniences common to remote operations. After three weeks of C-rations, however, they now enjoy fresh food, movies, beer and occasionally, evening passes to Danli on weekends.

To nonengineer types the construction is an amazing sight to see... Dust is flying, machines are roaring — the earth is being reshaped. All this is necessary to meet the rapidly approaching start of another training exercise by combined forces in Honduras.



photo by 129th PAD, SDARNG

Amid Honduran cottonfields, the 864th reshapes earth into a temporary airstrip.

National Spouse Day honors partners' sacrifices

by Bob Walker

Hear ye, hear ye all military spouses! It's time to stand proud and tall for all sacrifices and contributions made in the line of duty as military spouses.

The Secretary of Defense, Caspar Weinberger has designated May 23 as National Military Spouse Day to honor our military spouses for their contributions to soldiers' readiness.

Presidio will honor National Military Spouse Day at the clubs, cafeteria, PX and bowling alley. The Officers' Club is having a shrimp peel for \$15.95, reservations required.

The NCO Club is having a two for one dinner with wine and 50's and 60's dance music at \$12.50 per couple. Call for

reservations before May 21.

The Golf Club will allow spouses to ride free on carts rented by their spouses — a savings of \$6.

The Main Cafeteria is having a chicken in a basket; when a sponsor buys one at the regular price, their spouse gets one at half price.

The PX will be running specials all day and the Bowling Alley will give spouses their third game free from 9:30 a.m. to 4 p.m.

Here are some reactions of soldiers and their spouses to the National Military Spouse Day:

MSgt. Robert McFarland said, "It's nice that they came up with the idea. It would be nice if they introduced legisla-

tion to go with it. It's altogether fitting that our spouses should be honored for their sacrifices. They make quite a sacrifice and share our disruptions. It takes special people to do that."

McFarland's wife Alice said, "I think it's a good idea. Being a military spouse is more difficult than being a civilian spouse, with moving around so frequently. I'd like to see my husband get home on time for Spouse Day."

SFC Michael St. John said, "It's a good idea. They're the backbone of the military — especially in my job as a recruiter. When I earned my rank, they gave me a plaque and one for my wife in recognition of her support. I'd like to see something like this done for the

spouses. I'll take her out as a special recognition for her support."

Maj. Daniel Carrell said, "It's a good idea. The spouses contribute a great deal to the military. It's only fitting that they be recognized. I might take my wife out to lunch. It would be nice if the troops could have a day off for a special luncheon."

Cheri Carrell said, "Every member should have the day off at home to do all of the cleaning and cooking."

Whatever their feelings might be, it appears that all think that National Military Spouse Day is a good idea to honor the spouses who give so much in the way of contributions, support and sacrifices for their country.

At the Movies

Presidio Theatre

May 17
May 18
May 19
May 19
May 20
May 21
May 22

Educating Rita (PG)
Terms of Endearment (PG)
Terms of Endearment (PG)
Terms of Endearment (PG)
Terms of Endearment (PG)
Terms of Endearment (PG)
Terms of Endearment (PG)

7 p.m.
7 p.m.
2 p.m.
7 p.m.
7 p.m.
7 p.m.
7 p.m.

May 23

Schwartz Theatre

May 17
May 21
May 23

Yentl (PG)

Sudden Impact (R)
Educating Rita (PG)
Terms of Endearment (PG)

7 p.m.

7 p.m.
7 p.m.
7 p.m.

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Presidio Soldier of the Month Scroll Contributors

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The Presidio Soldier of the Month Program is a military/civilian ceremony designed to honor an outstanding soldier on a monthly basis. At the end of the year, the twelve soldiers earning the monthly honor, will then compete against one another for the highest Soldier of the Year title and earn the Army Commendation Medal.

Soldiers compete for the honor based on their military bearing, dedication to duty, outstanding accomplishment and commendations, education and activities. They are selected by a military panel of judges.

Firms, organizations and persons supporting this program provide services, awards or gifts on a monthly basis. They include:

Mayor Dianne Feinstein, San Francisco
Association of the U.S. Army
Mike Nelson, Army Exchange
Lisa Swanson, California Miss Talent Pageant
Robert Parks, FP Press, Fremont
Radio Station KMEL, 106 FM
MAR Ocean View Motel, San Francisco
Mountain View Chamber of Commerce
Ted Kwolek, Non-Commissioned Officers Club
Dr. and Mrs. Raul Pegueros, Fremont
Craig Lassen, Pentagon Federal Credit Union
Art Nance, Newark Chamber of Commerce
Oakwood Lake Resort, Manteca
Santa Clara Council, Navy League of the U.S.
Rich Ford, Specialty Graphics, Fremont
Col. Richard Blake (Ret.), Wells Fargo Bank, Presidio
Leslie Salt, Newark
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Union City Chamber of Commerce

The civilian portion of this program is sponsored and directed by Rich Ford, publisher of the *Star Presidian* and owner of *Specialty Graphics Inc. of Fremont*. Advertisers, organizations, firms and other personnel interested in joining the monthly awards program are encouraged to contact Mr. Ford at (415) 796-7710.

Ed. benefits

by Jeane Redsecker

The enlistment incentive test program applies to enlisted soldiers who:

- Came on active duty between Jan. 1, 1979 and Nov. 30, 1980;
- Hold certain primary MOS's and
- Enlisted at certain Military Entrance Processing Station (MEPS).

The tables which list qualifying MOS's and MEPS are too lengthy to print, but can be checked by calling your Education Center counselor at LAMC (561-4030) or Ft. Scott (561-2974).

Other criteria are:

- Non-prior service enlistee
- High school graduate
- Armed Forces Qualification Test Score of 50 or above
- Enrollment (by making contributions) in Basic VEAP. The minimum soldier contribution to qualify would be \$25 for 12 months, or \$300.

Benefits

The amount of entitlement depends on date and length of enlistment, MEPS, MOS, and length or amount of soldier contribution. For example, a soldier who enlisted as an 05B for two years and came on active duty between January 1, and March 31, 1979, in Fargo, N.D., and made VEAP contributions of \$50 per month for 12 months would have a total entitlement of \$3,400 (\$600 soldier contribution, \$1,200 matching funds, and \$1,600 "kicker"). A soldier who enlisted as an 55B for four years and came on active duty between June 5-Dec. 3, 1979, in Chicago, and made VEAP contributions of \$75 for 36 months would have a total entitlement of \$14,000 (\$2,700 soldier contribution, \$5,400 matching funds, and \$6,000 "kicker").

Applying

Soldiers (after their first enlistment) or veterans may apply for these benefits on **VA Form 22-8821, Application for educational Assistance**, available at Army Education Centers and VA offices. Active duty soldiers must obtain the signature of an Education Center counselor before sending the form to a school for certification.

This is the fourth in a series of articles about educational benefits. Soldiers are invited to discuss their individual cases with an education counselor.

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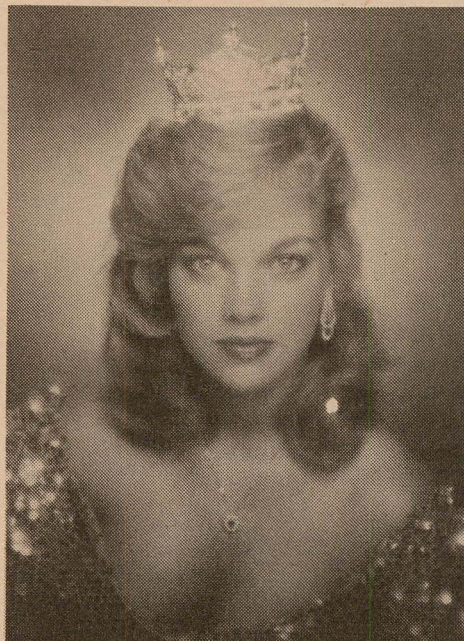


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Community Calendar



American beauty ...

Miss California 1983, Shari Anne Moskau, will be meeting people, signing autographs and singing at the Main Exchange on Monday from 10 a.m. to 2 p.m.

Officers' Wives Club

Did you support Presidio Officers Wives' Club fundraising activities this year? Activities such as The James Jewelry Show and Sale, the Christmas Craft Bazaar, the Christmas Wrap, or the Art Show and Sale? If you did, you will be happy to know your help and efforts paid off. Well over \$3,000 was paid from the OWC Welfare Fund to such organizations as Army Distaff, Christian Children's Fund, and Bay Area U.S.O. And on the Presidio money went to ACS, Girl Scout camp scholarships, Boy Scout camp scholarships, Post Chapel Flags and the Child Development Center.

In addition it gives us great pleasure to announce the 1984 Scholarship recipients — the three graduating high school seniors receiving OWC scholarships are: Michael Johnstone, Karen Klose, and David Cook. All three students along with their proud mothers, Marcia Johnstone, Doris Klose and Helen Cook attended the

last OWC luncheon to receive recognition for a job well done. Karen Klose won the added honor of the special Cyril Magnin scholarship.

The selection committee said these three young people had outstanding credentials. We wish them success in their chosen areas of study and in life itself.

Blue Cross/ Shield

Bernice Morgan, a Blue Cross/Blue Shield representative will be at the Presidio on Tuesday, May 29. She will be available from 8:30 to 11:30 a.m. in the Civilian Personnel Office (CPO), building 37, to talk to people who may have questions or problems about their policies. Those who wish to see Ms. Morgan are asked to bring all paperwork relating to their questions or problems. Please call Carol Buckles at CPO, at ext. 5757, to arrange an appointment with Ms. Morgan.

Brown Bag concert

The Sixth Army Concert Band will

perform at a Brown Bag lunchtime concert on Tuesday at 11:45 a.m. at the Presidio Cultural Center, bldg. 385. Bring a lunch and enjoy this talented group led by Chief Warrant Officer John S. Dunlap as he conducts his final concert with the band.

Summer physicals

Comprehensive summer camp and sports physical exams for family members will be offered May 19 at the LAMC Pediatric Clinic. Hours are 8:30 a.m. to 12:30 p.m. by appointment only through Central Appointments (ext. 5381).

Please bring immunization records (shot cards) with you. For more information, call LTC Thomas at ext. 4268/3712.

Holiday schedule

Because of the Memorial Day holiday, the Post Commissary schedule will be as follows:

Mon., May 28	Closed (Normal)
Tues., May 29	Closed (Holiday)

... the write stuff ...

by Richard Wetzel

If you can handle the mass transit confusion, (more than 200,000 folks were on hand last year), check out the 73rd Annual Bay to Breakers Footrace, Sunday. Finishing line is on Great Highway, Ocean Beach... I've been told the most confusing thing is finding a place to P.Y.P., (Park Your Plymouth)... Volunteers are still needed to work the finish line. Contact 1Lt. Noone or SSgt. Daga, ext. 5020/4277....

Has anyone noticed that the military haircut for the male soldier is *in style*...Take a look around and see how many civilian ears are showing these days...No wonder everyone's suddenly complaining about noise pollution. They can hear it now ... YOUR HOROSCOPE...If you were born today, you're probably too young to be reading this....

A free program on breast cancer is being sponsored by the American Cancer Society's Chinatown Advisory Committee and District 5 Community Mental Health on Thursday, May 24, at Health Center 5, 1351 24th Ave., from 6:30 to 8:45 p.m. Women planning to attend are asked to register by calling 661-4400....The Presidio Quarterly Blood Drive is Tuesday at the NCO Club and Thursday at the Log Cabin from 8 a.m. to 2 p.m.Appointments are preferred....

How did Armed Forces Week originate? President Harry Truman was responsible for creating this commemoration to honor all branches of the Armed Forces (what else?) with his Presidential proclamation in 1950. Before that, each service held their individual celebrations....

R.C. STUFF...A Post Level Chess Tournament to select nominees for the All Army Chess Tournament will be held June 9 at the Recreation Center....Entry fee is \$2; the tourney is limited to active duty soldiers....Other goings-on at the Rec Center include a gourmet cooking class, (June 5, five sessions, \$35); a computer workshop (every Wednesday, no charge).... Great America County Music Tour is set for May 26, 10 a.m. Cost is \$15...Call the Rec Center, ext. 2000, for a more detailed list of happenings....

They may not make them like they used to, but at least someone still plays them for those who don't remember....The Avenue theatre offers screen classics, featuring the Mighty Wurlitzer...."WEST OF ZANZIBAR" (1928, silent) and "RED DUST" (1932, starring Clark Gable and Jean Harlow) plays Friday...May 25; "CAMILLE" (1921, silent starring Rudolph Valentino) and "LIBELED LADY" (1936, with Jean Harlow, William Powell and Spencer Tracy)...June 8; "LOVE" (1927, silent, starring Greta

Garbo and John Gilbert) and June 20-24, a "THREE STOOGES FESTIVAL," eight slapstick comedies starring Moe, Larry and Curly....The theatre is located at 2650 San Bruno Ave., San Francisco...call 468-2636 for a more detailed listing and times....

THE WRONG STUFF...For those confused poor souls (and much to my own dismay) David Gilmour of Pink Floyd will NOT be appearing with Huey Lewis and the News...Huey is scheduled for June 8 and 9, while David won't be playing until June 29...(This time I'm snarling at editor)...Both shows are at the Greek Theatre, Berkeley....

A bathtub for your parakeets?...What's an autobrella?...Or how about some audio dice...If your curiosity is anywhere the level of mine (not to mention sense of humor), you might want to see the "Design-expo '84," an exhibit of mock-ups, models and prototypes, by some deranged students in the S.F. University's design and industry dept.the exhibit runs now through Saturday, at the Student Union on campus....

Yes, you, too, can be a hero...Help save the nation by engaging in battle with three Russian submarines, a couple of rats, some snakes and a spider or two thrown in here and there, deep in the slimy pit of the sewer systems of New York City...(Calm down folks, it's only a video game.)

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Sports

Track stars compete

Long jumper Vesco Bradley leapt to a world class mark, 26' 5 1/4", to place 3rd in the S & W Invitational held at Modesto Junior College. He had a fine series, with four jumps over 26 feet. Wendell Angel ran a fine 400-meter hurdle race in 50:25 (1st in heat) to *better* his last week's US Olympic qualifying time. The 1600-meter relay team ran a swift 3:07.9 to place 4th against a top international field. The team members are Leslie Kerr (48.3), Randy Geary (47.9), Wendell Angel (45.6) and Mike Ricks (46.1).

Other highlights:

High Jump - Ruben Wallace-7' 1 1/2"
George Milton-6' 11"

800-meters - Candel Williams-1:49.5

Triple Jump - Fred Brooks-52' 3 1/4"

The other half of the team ventured to Los Gatos High School for an All-Comers meet with the women's team doing well. Coralissa Howard threw the javelin a seasonal best of 147' 11" to win the event. Joan Fagerness also had her best showing of the season, winning the shot put by putting the shot 44' 2" and placed second in the discus with 120' 2". Vivienne Britton won the long jump with 17' 10" and placed 2nd in the 100-meter with 12.76 and won her heat in the 200-meter with a time of 25.76. Leading the men was Curtis Miles who won the long jump with 24' 10" and the triple jump with 50' 9". Mike Lamb lost a closer race, losing by 1/10th of a second in the 1500 meters with a good time of 3:50.8.



LAMC wins volleyball tourney

The day after USAG's marathon match with the Golden Gate Reserves, USAG's first game looked as though they had not fully recovered from the night before, losing, 15-0. Sue Gilzean of LAMC seemed unstoppable at the net with her spiking. And Ola Faitalia's back court coverage proved to be more than USAG could handle. In the second game USAG rallied back and won that game 15-10. But in the third and final game of the tournament LAMC dominated the game with strong hitting by Ola Faitalia, and all around play by Steve Burton and Sue Gilzean's beating USAG 15-6.

Results

Post Champions — LAMC

Runner-Up — USAG

Third Place — Golden Gate Reserve

Fouth Place — LAIR

At the conclusion of the tournament, the following people were selected as tournament all stars:

MVP Ola Faitalia (LAMC).

Sue Gilzean — LAMC

Fala Faleapuona — USAG

Steve Sauafea — GGR

Roko Smiljanic — LAIR

Charles White — LAIR

2nd team:

Antolin Dage — USAG

Ed Pulanco — LAIR

Lauliifou Seumanu — GGR

Dan Monroe — LAIR

Pool hours change

Effective Saturday, weekend hours for open swimming at the post swimming pool, bldg. 1151, will be from noon to 4 p.m.

Open swim meet

Has your child ever wanted to compete on a swimming team — and have the opportunity to win a first, second or third place ribbon? The Aquarius Swim Club, a swim team for youngsters at the Presidio, is holding a recruiting meet on May 25 to encourage membership. Ribbons will be awarded to young swimmers who may never have competed before. The meet will be held at the Post pool, behind the Letterman Hospital at 4 p.m.

The Aquarius Swim Club trains Monday through Friday from 4 to 6 p.m. with youngsters ages five through 18. Come swim with us and win a ribbon! For more information, call 561-3673/5143 or 863-7510.

Intramural Golf League Standings

Unit	Points Scored	Place
LAMC Co. B	31 1/2	1
ARMR IX #1	29	2
USAG #1	25 1/2	3
USAG #2	23 1/2	4
LAIR	23 1/2	5
6th Army #1	22 1/2	6
ARMR IX #2	13 1/2	7
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Star Presidian

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"Published in the interest of the people of the Presidio of San Francisco."

May 24, 1984

News briefs

Sixth Army Spouse Day

Whether preparing a family meal, pinning on new rank insignia for a husband or wife, working a full time job, or caring for the children and home, the Army spouse is the essential ingredient in the life of a soldier.

Army spouses come in all shapes and sizes, yet all have the common characteristic of dedication to family, country, and the immediate assignment of the husband or wife. Sacrifice is the keynote whether a chronic shortage of money, permanent changes of station, long hours or demanding chores.

It is most appropriate that the U.S. Army is recognizing the contributions of the Army spouse. For members of 6th U.S. Army, Sunday, June 3 is the day. The place is the Log Cabin, bldg. 1299 on Ft. Scott. A welcome by Lieutenant General and Mrs. Arter, fun and games, plus good food promises to warm the hearts of all who attend. Activities begin at 12:30 and finish by 4:30 p.m. Cost is \$3 per person or \$8 per family.

Whether the spouse is male or female, the result is the same. A soldier from private to general is free to serve the best interests of our country. Join us in our salute to the Army spouse. For more information contact Capt. Glenn Allison at 561-3952.

LAMC parking

Letterman now has a remedy for what has long been its patients' chief complaint — the lack of convenient parking. For many years, a visitor's first reaction to Letterman was frequently one of annoyance or frustration. The fruitless search for a spot in Letterman's main parking lot and the sometimes long, painful walk to the hospital compounded the anxiety and discomfort often part of a trip to the doctor. Beginning in June, Letterman's staff will follow a new parking policy which will ease patients' parking pains.

Under the new policy, all Letterman staff will be barred from parking in the main lot east of the hospital during duty hours, Monday through Friday. A gate system, which will be installed in the lot in June, will prevent parking in the lot between 5:30 a.m. and 7:30 a.m. The system is designed to eliminate parking both by Letterman's staff and by commuters who leave their cars in the lot and bus to work downtown. At 7:30 a.m., the gates will be opened, giving visitors sufficient time and space to park before clinics open.

Two new parking lots will also reduce the hassle of finding parking. The area behind the hospital's annex buildings has been paved and can accommodate 172 cars. The lot will make access to the outpatient clinics in the annexes more convenient. Also, a lot under construction adjacent to the LAMC/LAIR tennis courts will provide another 120 parking spaces. These two lots will serve as alternate parking sites for Letterman's staff and for patients.

Staff parking areas also include the 202 car lot at the northwest end of the compound, next to the Clothing Sales on Gorgas Avenue and the "Dust Bowl," the 140 car lot next to Post Gym #1 on Lincoln and Presidio.

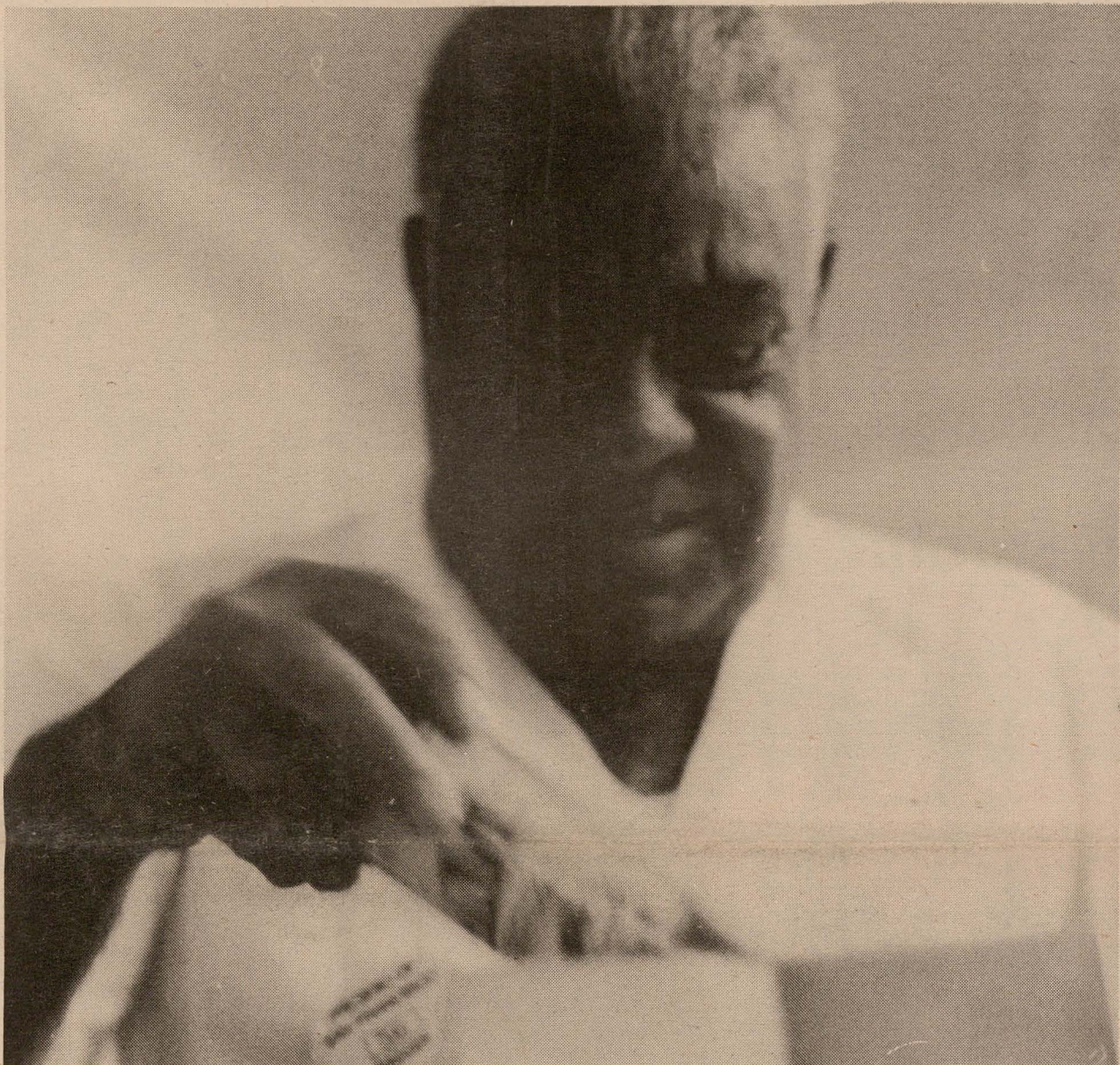


photo by Liz Greeley

The making of a HERO

by Liz Greeley

Unknown to many Presidians, there's a hero in their midst. Dozens of people brush elbows with this man every day, never suspecting that just two weeks ago he saved several people from a fire on San Francisco's Sutter Street.

Identified in San Francisco newspapers only as "Ozzie," his full name is Ozzie Rambo and he's a 65-year-old grocery bagger at the Post Commissary.

On the morning of May 10, Ozzie Rambo was on his way to Fillmore to get a newspaper. Passing a house on Pierce and Sutter Street, he saw smoke coming out of the top window; debris falling to the sidewalk below. The top flat in the building was ablaze. A bus driver stopped and asked Rambo if he would call the fire department.

"I said, No, I'm going to go get these people out of here, because I know this house and the people. By the time I get there and back, it will be a blazing inferno," Rambo said.

"Immediately I rushed in there and got the people out of there," he added.

Getting the people out of there meant yelling and even kicking doors down, according to Rambo.

Did he think about the risk as he was rushing into the burning building? Did he realize the danger?

"Yes, I did, but I took the chance," he said. Why? Why did he run into the burning building?

"Because it's the sympathy I have for people. I would be willing to take the chance," he said.

Even if he might be killed?

"Well — yes. I would take the chance," he said

Ozzie Rambo's chance-taking saved seven or eight people's lives that day, as nearly as he can estimate.

Having rescued the people from the burning building, what did he do next? Why he went to work!

Commissary head bagger Don Dupont described how he first heard of Ozzie's rescue, "I was out by the snack bar and Millie (Millie Heim, assistant head bagger) was reading the paper and she showed it [the story about the fire] to me and said, 'Is this *our* Ozzie?'"

Heim said she went to Ozzie and asked, "Ozzie, what were you doing about 6 o'clock this morning?"

Ozzie replied, "Well, I'll tell you — I was on my way to get a newspaper...."

"But the man never said a *word* when he came to work!" Heim said.

Yet once his co-workers heard about the fire and Ozzie's role, no one was really surprised.

Heim said, "That's just the kind of individual that he is."

"He's the kind of person who would do something like that. I don't think he feared anything," Dupont said.

Chief cashier Dorothy Brabo said of her first reaction, "I thought it was *fantastic* — but when I realized it was Ozzie, that's *him*. That is the type of man he is."

And as Ozzie himself admitted, even if it meant risking his life, he would "take the chance."

Dupont said, "He's the type of person that would help somebody, regardless."



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Opinions

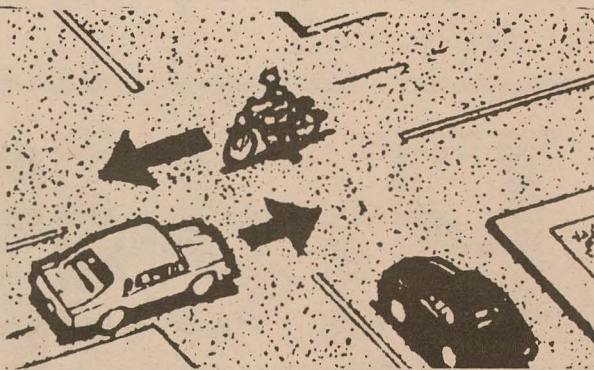
TAKE A BITE OUT OF CRIME

Traffic safety on the Presidio is the responsibility of all drivers, bicyclists and pedestrians. The habitual disregard of traffic regulations on the Presidio has led to an increase in traffic accidents and damage to vehicles in parking lots post-wide. The military police will continue to strictly enforce traffic regulations on the Presidio. In an effort to educate the public on applicable traffic regulations, the Crime Prevention office will present articles outlining the rules applicable to the Presidio.

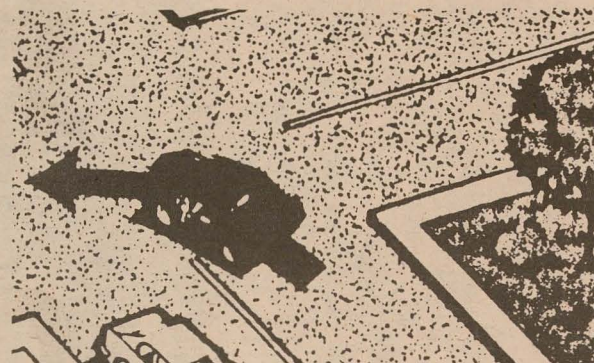
Right-of-way rules are an aid to safe and smooth traffic flow. They emphasize courtesy, common sense and cooperation. They apply to all road users including moped and bicycle users. **Never insist on taking the right-of-way.** If other drivers are not following the rules, let them have the right-of-way even if it belongs to you. You will help prevent accidents and make driving more pleasant.

THE RIGHT-OF-WAY RULES ARE:

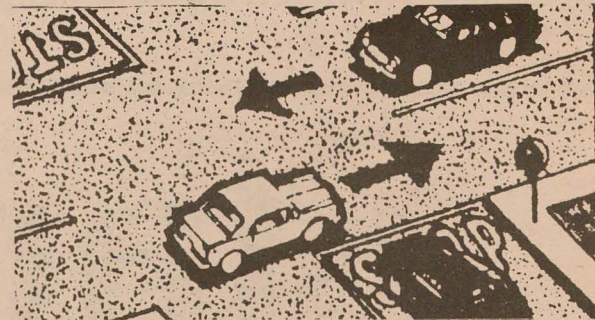
First vehicle rule: At all intersections without STOP or YIELD signs, slow down and be prepared to stop. Yield to cars already in the intersection or about to enter it. The first car in the intersection should be allowed to go ahead.



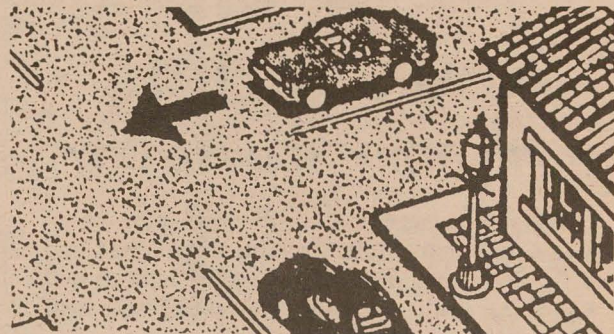
Same time rule: At all intersections without Stop or Yield signs, yield to the vehicle on your right if it has reached the intersection at the same time as your car.



Left turn rule: When you are making a left turn you must give the right-of-way to all cars coming from the opposite direction on the same roadway close enough to be dangerous. Make your left turn only when you can see clearly that it is safe.



Stop sign rules: Stop at any limit line or crosswalk. Yield to all approaching vehicles on through street, and go only when it is safe for you to cross. Approaching cars should slow down and allow you to get across safely.



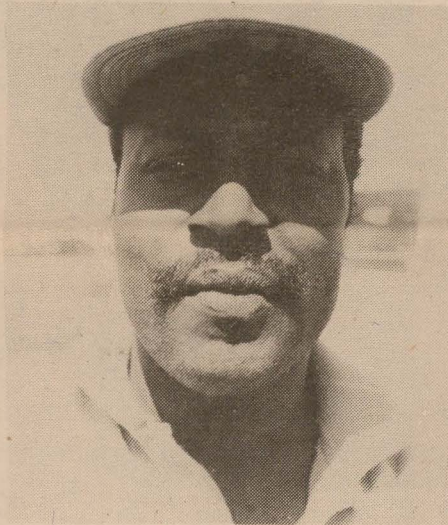
Four-way stop sign rules: The driver on your right has the right-of-way (you have the right-of-way over a driver on your left) if both of you reach an intersection from different streets at the same time. Otherwise, the first car in the intersection has the right-of-way.

Ramblin' Sam

"What do you like the least and most about being a military spouse?"



Kathy Kinnikin, "I can't think of anything I don't like. I've been an Army brat all my life. I love traveling and the benefits such as medical; we'll soon have our first child. The people are great."



Robert Preston, "I least like he notices you receive to mow the gras. I like the privileges of the PX, commissary and gas station."



Sue Lile, "I least like the long hours that my husband has to work, and his being off to sea with the Navy. I like the travel the most."



Sp4 Kim Peterson, "I least like the fact that since I'm in the military too, that we could wind up in different places. I most like the opportunities and programs that the Army has. They make us want to make it a career."

Letters to the Editor

Unsung volunteers

National Volunteer Week has come and gone again with many worthy and appreciative things said and done on Presidio for the valuable service volunteers provide, except for the people who volunteer to work above and beyond the call of duty as Equal Employment Opportunity (EEO) Counselors.

The EEO counselors, through a combination of personal application, supervisory approval, training, and official appointment, accept the tremendous authority and responsibility of examining and attempting resolution of civilian employment discrimination

complaints — an emotional and controversial issue. They sometimes deal with upset complainants, hostile supervisors, and their supervisor who may, at times, feel mission priorities outweigh the part-time additional duty of EEO counselor. However, the EEO counselor juggles these factors which can be demanding and stress-producing to often take this unpopular role to ensure equal employment opportunity become a reality where it might not have been.

Their duties are multiple in that they include record reviews, interviews, counsel sessions, comparable and

statistical analysis, regulation interpretation, assessment, negotiation, recommendation, and report writing. Their's is a challenging job which directly affects the quality of life for all concerned — people's careers!

I, as an EEO Counselor, am inspired to continue my responsibilities as a result of my love for law and justice/fairness, my strong sense of responsibility to work for this goal, and knowing the appreciation and favorable feedback others have in respect for my efforts; therefore, I would like to see the EEO counselor included in the thanks given to volun-

teers for essential services rendered.

In the meantime, I hope this letter creates an understanding of the EEO counselor and an appreciation of the role and people in that role. To the new EEO counselors on board, I welcome you to a challenging and rewarding job which will open your eyes to a learning process sometimes overwhelming; and to the second and previous EEO counselor, I salute you for the efforts you invested and for having tried when others have not.

Alice E. Slater, EEO Counselor

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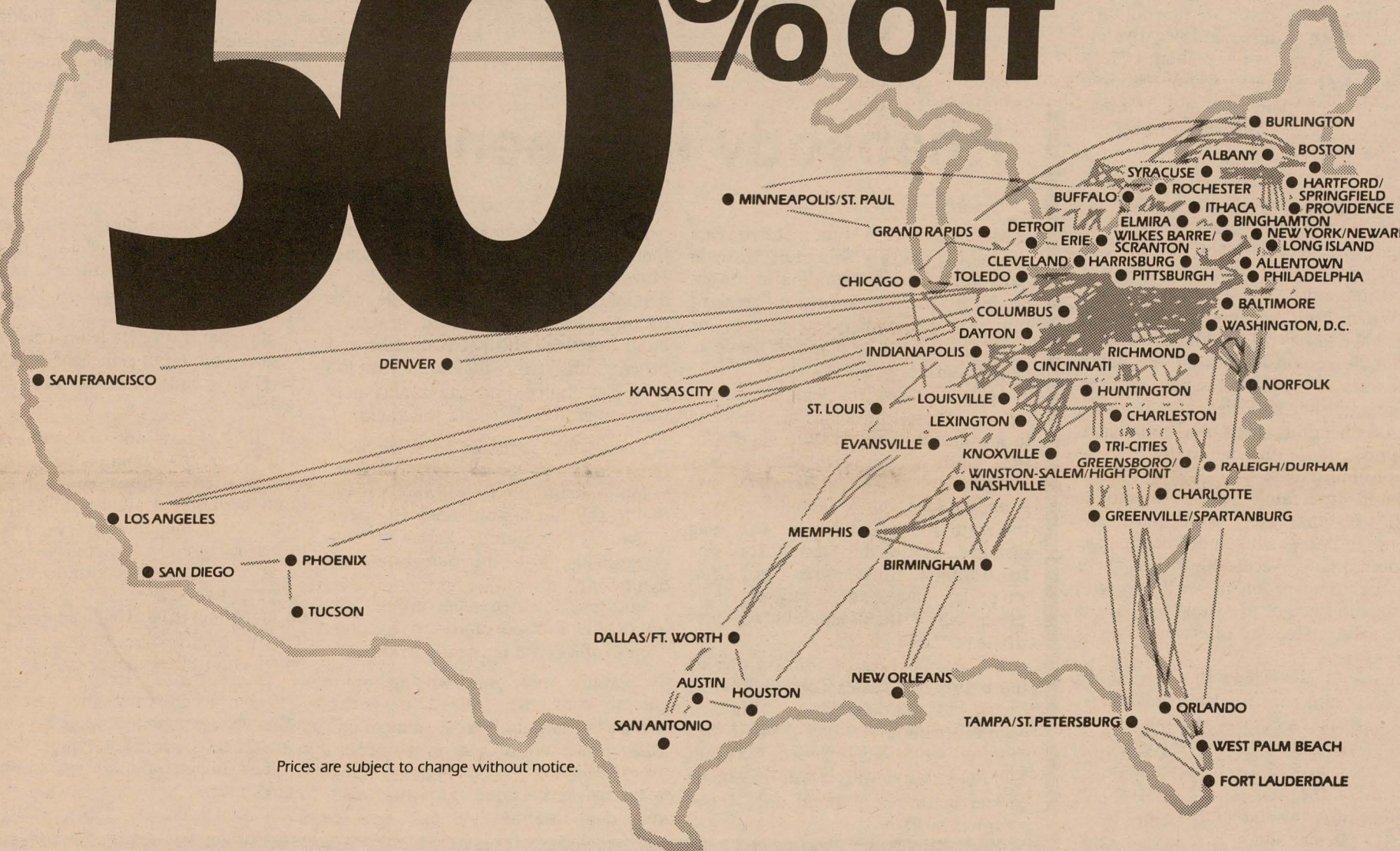
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How do I get the Military Fare? Just present your green active duty military I.D. or discharge papers when you purchase your ticket and when checking in.	Military dependents at least 10 years of age must present a tan Uniform Services Dependent Identification card marked "active". Military dependents ages 2-9 must present proof of family relationship when checking in.

Army marriage—marching to a different drum

by Bob Walker

Chaplains, child psychiatrists, and family services all have one thing in common.

What do they all have in common you may ask?

They all work with families and family life.

The point of view they seem to share is that in families where both the husband and the wife are soldiers, there are more benefits than disadvantages to married life.

Chaplain (Maj.) Roger Bradley, family life chaplain here said, "When both the husband and wife are soldiers, there is a shared knowledge of the military system which eliminates many misunderstandings, whereas marriages with only one soldier can create problems because the spouse doesn't seem to understand. They seem to be more secure with two incomes; it eliminates a lot of money problems. The job makes the wife feel like her life is going someplace, providing a feeling of fulfillment that both are achieving something.

"Both parents being in the military can have both positive and negative effects. We have an excellent Child Development Service (CDS); children are getting excellent care and training, developing social skills with others their own age.

"When both parents are soldiers, a person who isn't mature may harbor ill-feelings about the other progressing faster. One parent might outrank the other, which could foster a problem if one is immature.

"When both parents are working, there have to be real definitions of roles to handle responsibilities of the home after work. The man has to help with the cooking, dishes and cleaning. It could put a tremendous stress on the marriage if he doesn't see the need to divide these responsibilities."

Karen Jupe, family services director at CDS feels that there isn't much difference in homes where both parents are in the military. According to her, there may be some problems with the wife feeling inhibited or pressured by fears of adversely affecting her husband's career.

The military realizes the importance of good child care for troop readiness. The military recognizes the increase in military families and the need for quality child care, according to Jupe. Over 50 percent of the soldiers are married according to Army statistics.

SSgt. Michiel Jones, a reservist, said



that some of the good points are the good combined salaries, travel together and neutralization of the sexes. He explained that "working in the same fields together with the same stresses is a positive point for women who are able to handle it. Couples know what's going on at work, both being in tune with the military lifestyle."

Sp5 Darilyn Jones said, "A problem of the military is not knowing if we'd be stationed together. Child care is a problem because of my shift work at LAMC. We do have troubles getting baby sitters."

Sp4 David Yarbough and wife Sp4 Rita Yarbough both work at the 170th MP Dining Facility. They work different shifts and have two girls. They said that they too have babysitting problems and more financial stress here than when stationed in Germany. "Credit is difficult to establish here," David said.

All in all the military appears to have a good effect on families where both parents are in the military. However, if problems do arise, it's good to know that there are capable people available at CDS, the Family Life services and the Psychiatric Clinic to help remedy problems before they get out of hand.

Rhapsody in green. . .

by Cate Fields

Marcia and Tom Hunt met two years ago, at the military School of Music in Norfolk, Virginia. Standing in the in-processing line, it was love at first sight for the young soldiers, so they say...or what appears to be a match made in perfect harmony.

After finishing the eight week advanced course, musicians are assigned to a military band. Unfortunately for the smitten couple, Marcia was assigned to Fort Meade, Maryland, and Tom was sent over 2,500 miles away to the Sixth Army Band here. This long distance relationship lasted for nine frustrating months, consisting of a few three-day passes and many expensive phone bills. "Being separated was very difficult," Marcia said.

In fact, in July of '82, on one of those three day passes Tom and Marcia exchanged wedding vows. "We saw each other about 12 days the first nine months we were married," recalls Marcia. Finally, Marcia was reassigned to the Sixth Army Band and united with her husband.

Because they are in the same unit, their work hours are the same. However, a soldier in the band has a demanding and rigorous schedule, with training courses, physical training, band practices and performances and other commitments that come with the job. The Hunts value the quality personal time they do spend together.

Tom, who graduated from the University of Arizona, plays the clarinet, saxophone and the flute. Marcia plays the french horn, graduated from the University of Colorado, and is currently studying with the San Francisco Symphony.

Both say the Army has given them an excellent opportunity to continue their professional musical pursuits.

"I think, well, besides being able to pursue what I was trained for, is that we are in the public eye ... almost on a daily basis. We do get out someplace where somebody says, 'Thanks, thanks a lot we appreciated that' that made our day. Maybe it's our egos or

something. That's nice — that's exciting, I think. It's also exciting to play for such audiences as the Premier of China and the President of France," Marcia said.

The separation date from active duty for Sp5 Tom Hunt is in July; Sp5 Marcia Hunt's ends in November of this year.

If they choose not to re-enlist they plan to go to graduate school, taking advantage of veterans' education program benefits. Marcia would like to study music management. Tom wants to get a degree in electronics. He said he always wants to continue with his music but feels a career change would be more lucrative. He is currently attending night classes in computer repair and maintenance.

When asked what the best thing about being married was, he simply said, "I'm not lonely anymore."

Their advice for a successful military marriage?

"Patience."

Post command sergeant major leaves for Germany

by Bob Walker

A cohesive leadership team of all Presidio NCO's is one goal that CSM Joel Redmon won't see materialize fully before he PCS's to Worms, Germany.

Redmon said, "There are many fine NCO's on post doing a fine job in their units. Once they are together as a team, Presidio will be better for it and so will the NCO's. I started monthly meetings of all Presidio sergeants major and quarterly meetings for senior NCO's. CSM James Emerson (Redmon's replacement) is the kind of sergeant major who can make that ideal of togetherness a reality."

Redmon will be assuming the position of community sergeant major at Worms. Redmon explained that it's simply a different title for essentially the same job.

Capt. Bill Sondervan, post adjutant, explained that a major accomplishment by Redmon was turning around the reenlistment program at Presidio. Sondervan said, "When I first got here, it was ineffective. Basically, he turned it around in every area. The

Presidio now has what is probably the best reenlistment program in FORSCOM.

"He's concerned not just with the enlisted, but with the command as a whole. He's given me a lot of good advice with sensitive problems. I almost always follow his advice; he's always on target."

According to Sondervan, Redmon really looks out for the soldiers. If he feels an injustice has been done, he will fight for them, speaking up and presenting his side of the story. He always goes the extra yard to help, even in areas beyond his job responsibilities.

Sondervan said that Redmon has strengthened the position and personal credibility of the command sergeant major. He's involved in the decision making process concerning almost every soldier on the Presidio. His advice is sought out by senior officers and civilians alike.

Sp4 Dan Martin said, "He's a really caring person. If you're down, he always knows what to do to get you back in a good mood."

Tracy Burila, Redmon's secretary

said, "He develops the junior enlisted. He's always looking out for what's good for them. He encourages education for the junior enlisted and tries to get them to go before the Soldier of the Month board."

Redmon has spent a good share of time in service at Presidio, having been stationed here several times. He said, "It's been great having been stationed here; from a professional point, I've had the opportunity to have an impact on the lives of young soldiers."

In the way of goals, Redmon said that his military goal was to become a master sergeant and that since he exceeded that goal, his goal was to make a mark, wherever he is, to further any local and Army goals. His personal goal is to retire, start a private accounting practice and do some freelance writing.

Redmon's wife, Robbie said, "It's been great here. Presidio means a lot to my husband — the soldiers, his relationship and everybody concerned. I like Germany; I look forward to going back, but it's kind of hard to leave the family behind. I've made quite a few

friends working at the bank. I will miss them professionally as well as socially.

"We plan to do a lot of traveling together in Germany. I hope to buy all of the things I couldn't the last time we were stationed in Germany."

As a military wife she said that she likes the military, the travel and meeting so many people from all parts of the world. Also the education for the children traveling world-wide and her own education personally has been special to her. "It's been great watching my husband grow, all the way from Basic to where he is now," she said.

Redmon apparently can't stop going the extra mile, as he leaves this thought with the young enlisted people here:

"Do your military job to the best of your ability. Get out and enjoy the city, meet the people. It's so important for you to put everything you have into your job, so that you will have fond memories and people to remember when you leave Presidio."

And as Command Sergeant Major Joel Redmon leaves the Presidio, there are people who will have fond memories of him.

Citizen of the Quarter chosen

by Bob Walker

A civilian volunteer has been chosen for the 1984 first quarter award of the Presidio Community Citizen of the Quarter.

Martha Watanabe was chosen for her contributions toward improving the quality of life at the Presidio. Other nominees were: Sp5 Dawn Tighe, Maj. John Wehmeyer, 1st Sgt. Joseph Cooper, Sp4 Leonard Burrey, Marjorie Hills, Rosa Mercado, Robert D'Ambrosia, Steven Gilman, Kenneth Hill and Mary Schuster.

Watanabe is the Out-Reach person for the Post Chapel, visiting and distributing chapel program literature. She is also the pre-kindergarten teacher for the Protestant church school, preparing lessons and teaching three and four-year-olds. She has been active in church school programs such as the annual Christmas play, the Friday Chaplain's luncheons; and after-church fellowship. She contributes a lot of time to both the post congregations and young enlisted soldiers in various programs.

In addition, Watanabe is a volunteer for ACS programs and the Child Development Center and is currently the president of the Marina Middle School PTA. She keeps the post chapel informed of San Francisco's Advisory Committee on Drug Abuse programs. And finally, she is a wife and a mother of two sons and a daughter.

Watanabe said, "I was surprised to be chosen. They say I always have something to say — this time I was dumbfounded. I was surprised and happy — oh, what an honor!"

"I have something to say about volunteering every day. I meet a lot of people and make friends with a lot of people through volunteer work.

"Volunteer work makes you feel like you've done something worthwhile to help others. Someday *you* may need some help; hopefully, someone will be there. Volunteers touch your lives daily, even if it's only your neighbors carting your children somewhere. You find volunteers all over.

"People should get involved in the community. They will feel like they are doing something worthwhile and could be instrumental in making changes by being aware and actively involved. We all have to help each other; we don't have to wait for a tragedy to occur. We should be of help on a daily basis," she said.

Stephen Miller, Protestant Director of Religious Education said, "There was no doubt, Martha was a candidate for the Citizen of the Quarter. Anytime a phone list has to be called, Martha is there on the spot and she gets the job done. Anytime anyone needs her, she is there — nothing is too much trouble. She's a good friend — she does so much work for others and she does it without taking away from her family. She actually is building herself up, benefiting her family. She's the ideal person to have around. If an enlisted person or a commanding officer comes to RAC (Religious Activities Center) needing something, Martha is the first to help. She's very hospitable. People walk in and she makes them feel welcome immediately. She would treat the Pope the same as she does everybody else."

Watanabe said, "All the nominees should be winners."

And that statement more than anything else, probably best describes why Martha Watanabe is the Citizen of the Quarter.



photo by Bob Walker

Martha Watanabe chops onions for the Chaplain's Luncheon—one of her many volunteer activities.



Spring Cleaning

When was the last time you took a close look at your medicine chest and threw away old medications?

Here are some guidelines by the National Safety Council on what should be thrown out:

- Any medicine that has changed color, formed residue at the bottom of the bottle, or is more than two years old.
- Aspirins that are crumbly or smell like vinegar.
- Hydrogen peroxide that no longer

bubbles vigorously when applied.

- Antiseptic solutions that are cloudy (unless the label says this is okay) or have a solid residue at the bottom.
- Caked milk of magnesia
- Ointments or salves that have separated, developed spots, or become discolored.
- Nose drops that are cloudy or have developed a sediment.
- Eyewash or drops left over from treating any eye disorder; fungus could develop in these containers.

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WHERE YOU GET CREDIT

The Parent-Youth Club has fun activities coming up for all Presidio youth. For example, the Parent-Youth Club will be sponsoring a trip to Great America on June 9th. Many club members had a great time on the trip to Great America last year and are looking forward to the thrills on "The Edge," "The Tidal Wave" and "The Demon." Come by the clubhouse and sign up for the trip, space is limited.

The PYC also is sponsoring regular dances at the Log Cabin throughout the summer. Mark your calendar for dances on May 25, June 29, July 27 and August 24.

Recycling

Recycling for June will be held Saturday, June 2. Quarters residents are reminded to have newspapers and all-aluminum cans ready for pick-up between the hours of 10 a.m. and 2 p.m. All proceeds from recycling go to the Boy Scouts, Girl Scouts, Parent Youth Club, and Aquarius Swim Club. In case of rain, recycling will be cancelled, but cans and newspapers can be dropped off at the recycling point, next to building 661, at any time.

Nelda Hagy, winner of the Croix de Guerre during World War II, is working to reactivate Chapter 44, WAC Veterans Assn. to help the WVA estab-



US Army photo

A soldier walks along Omaha Beach on D-Day. The Presidio will be commemorating the 40th anniversary of D-Day during the first week of June.

lish a retirement home for Army women.

A meeting is slated May 30 at 2 p.m. in room 206 of the War Memorial Building, at Van Ness Avenue and McAllister Street in San Francisco. If you would like to help, contact Hagy at 587-6974 for more information.

On orders to Panama or Puerto Rico? Learn Spanish without a teacher. Spanish video-cassettes are available for individual study. Visit the Education Center weekdays between 7:30 a.m. and 8:30 p.m. and set up your own

study schedule. Let the television be your teacher!

Self-teaching Spanish audio tapes and books are available for checkout at the Education Center. Soldiers assigned to Spanish-speaking countries are welcome to **keep** their sets of books and tapes, provided they show a copy of their orders.

Because of the Memorial Day holiday, the Post Commissary schedule will be as follows:

Saturday.....Normal hours (8-4)
 Sunday.....Closed (Normal)
 Monday.....Closed (Normal)
 (Memorial Day)
 Tuesday.....Closed for holiday

Bernice Morgan, a Blue Cross/Blue Shield representative will be at the Presidio on Tuesday, May 29. She will be available from 8:30 to 11:30 a.m. in the Civilian Personnel Office (CPO), building 37, to talk to people who may have questions or problems about their policies. Those who wish to see Ms. Morgan are asked to bring all paperwork relating to their questions or problems. Please call Carol Buckles at CPO, at ext. 5757, to arrange an appointment with Ms. Morgan.

The Friday Community Luncheon is back in operation. It is held every Friday from 11:30-12:15 p.m. at the Religious Activities Center, bldg. 682. We will be serving soup and sandwiches. Come and share good fellowship and community news.

... the write stuff ...

by Richard Wetzel

Are you a FRANCOPHILE? ... Are you a French lover? ... How about a lover of France ... in other words, do you love the country of France? ... (it's amazing how many of you have filthy minds) ... ANYWAY, if you fit into any one of the above categories, San Francisco State University has a treat for you ... and so do those French lovers ... Two evening courses, both taught in French, will be offered in June and July ... "Paris, 'a Visage Decouvert," a nostalgic look back in time at the mystery, beauty, history and people of Paris will be offered daily, 6-9 p.m. May 30-June 17 ... "French Cinema" runs June 18-July 8 ... For more info on these courses, call 469-1373 ...

While we're on the subject of France, the Friends of Recreation and Park will be offering BEACH CHALET FRESCO (chalet means summer house of lodge, frescoes are paintings (a la Sistine Chapel), and if you don't know what beach means, you might as well stop reading this now) tours every Sunday in June between 2-4 p.m. ... Interested parties will visit the Lucien Labaudt W.P.A. frescoes along the Great Highway. The tour is free, call 221-1311 for more info ...

Our next stop around the world brings us back to North America for “Mexico Visto Por Sus Niños,” a bilingual exhibition including 60 colorful paintings and poems by Mexican children, at the California Academy of Sciences Natural History Museum and Aquarium in Golden Gate Park. The exhibition runs June 1 throughout the summer.

Isn't this fun, traveling around the world without

leaving the city?... *Only* in San Francisco ... "NINE," an award-winning musical about an Italian movie director and the women in his life, starring Sergio Franchi ... The ITT desk has discounted tickets for Thursday, July 26 at 8 p.m.; cost is \$24.75 ... and since no one bothered to mention where the movie is being shown, you'll have to call the ITT Desk to get that information ... sorry!!!

A couple of weeks ago, I told you about the Festival of International Commercials that was playing at the Castro Theater ... It's now playing at the Cannery, Leavenworth at Beach Streets (on the Wharf) ... It's really worth seeing and you might feel less threatened there.

Don't forget about the Outdoor Recreation's three-bedroom townhouse on the Tahoe Keys and the five-bedroom house on Silverwood Circle ... Both are located in South Lake Tahoe, while the four-bedroom Condominium at Kingswood Village and the four-bedroom house (within walking distance to the lake) in Tahoe City are located in North Lake Tahoe... These units may be rented by the day or for a maximum of seven consecutive days ... Cost for these units are Sunday through Thursday nights, \$30 per night; Friday and Saturday nights and nights preceding holidays is \$50 per night. Check with the O.R. for eligibility ... Outdoor Rec also has three recreation vehicles to rent to eligible people...

MUSICAL SNUFF ... And there's something for everyone ... Great America has lined up some great concerts for Memorial Day Weekend ... Tanya Tucker on Saturday ... B.J. Thomas on Sunday ... and Hoyt Axton on Monday ... Dr. Demento presents "Weird

Al'' Yankovic (Eat It, King of Suede, Polkas on 45) June 13 at the Warfield Theatre ... Also appearing at the Warfield is John Prine and Leon Redbone June 20 ... The Greek Theatre in Berkeley offers Julio Iglesias, July 21, 22 and the Crusaders July 20 ... The Circle Star Theatre, San Carlos has a spectacular line-up ... Miles Davis June 1 ... Chaka Khan July 7 ... Smokey Robinson July 13, 14 ... Kenny Rogers July 19-21 ... and Ronnie Milsap July 29 ...

If you get the chance to see “Indiana Jones and the Temple of Doom,” (sequel to Raiders of the Lost Ark) pay close attention to the scene with the airplane hangars in the background ... it was filmed at Hamilton Air Force Base.

WHAT'S HAPPENING ... A Small Family Farmer's Market, offering fresh vegetables, fruit, eggs at bargain prices will be held Sunday at United Nations Plaza, Market and Leavenworth Streets, from 8 a.m. to 2 p.m. and Wednesday 10 a.m. to 5 p.m. ... Shipley Special Cars Display at the Marina Green, Marina and Cervantes Boulevards, Sunday 9 a.m. ... Chinatown Post No. 4618 Veterans of Foreign Wars of the US' 38th Annual Memorial Day Service, St. Mary's (my editor *thinks* it's the city's oldest church), California and Grant Avenue, Sunday from noon to 4 p.m. ... Weekend Films: Independent Video Showcase; New Works by Bay Area video artists at the Exploratorium, 3601 Lyon Street, Sunday 1-5 p.m.

In closing, let me leave you with the words of the (great?) Peter DeVries, who once said, "I love being a writer. What I can't stand is the paperwork."

... well, I tried ... till next week.

Presidio Theatre			Schwartz Theatre		
May 24	Yentl (PG)	7 p.m.	May 24	Terms of Endearment (PG)	7 p.m.
May 25	Running Brave (PG)	7 p.m.	May 28	Running Brave (PG)	7 p.m.
May 26	Ice Pirates (PG)	2 p.m.	May 30	Ice Pirates (PG)	7 p.m.
May 26	Ice Pirates (PG)	7 p.m.			
May 27	Ice Pirates (PG)	7 p.m.			
May 28	Ice Pirates (PG)	7 p.m.			
May 29	Cross Country (R)	7 p.m.			
May 30	The Man Who Loved Women (R)	7 p.m.			

Presidian Review: In **Running Brave**, the life story of Billie Mills, an American Indian, is portrayed, showing his struggle to make it to the 1964 Tokyo Olympics.

'A Team' to defend title

Twenty-two teams headed by defending champions, the "A Team" of LAMC, coached by Steve Burton, will take to the Fort Scott Softball Fields and battle through a single round robin for fourteen spots to get into the Post Softball Championship at the conclusion of league play.

Co. G, DLI will be without the services of their star pitcher, Hoffman, however it's no secret that when championship times roll around Co. G will be one of the teams that will drive opposing coaches wild. Sixth Army under the leadership of Bill Pendergast, the Doctors with White at the helm and LAIR #1 with coach George Pratt and Gary Dutcher calling the shots should make the Presidio Intramural Softball League one of the best in the area.

According to league coordinator, John Funes of the Presidio Sports Office, six games a night are scheduled,

Monday through Thursday with games starting at 5 p.m. Come on out and support your favorite team.

Track team results

The Army Track team scored impressive results at the Pacific Association TAC track championship in Los Gatos. The middle distance runners ran well in the 800 and 1,500 meter races.

Ken Washington won the 800 meters in 1:48.9 and placed fourth in the 1,500 meters in 3:46.8. Both times were personal bests. Cardell Williams also doubled well with a second in the 800 meter (1:49.2) and lost a photo finish in the 1,500 (3:44.5).

Carey Hill ran a good double in the 1,500 (4:44 - 4th place) and 5,000 (17:48 - 3rd place).

Mike Ricks upset 1980 Olympian Bill Green in the 400 meters with a seasonal

best of 46.70.

The 1,600 meters relay won easily in 3:12 (Leslie Kerry, Randy Geary & Wendell Angel and Mike Ricks).

George Milton highjumped 7' 2 3/4" to win the highjump. He missed qualifying for the Nationals by 1/2 inch.

Racquetball lessons

Free lessons for beginners and advanced racquetball players will be given at Post Gym No. 1 from 9 to 11 a.m. on June 2. The instructor will be Carlos Farias, the 1983 Presidio Open Racquetball Champion. To sign up, call the Sports Office at 4120/5032.

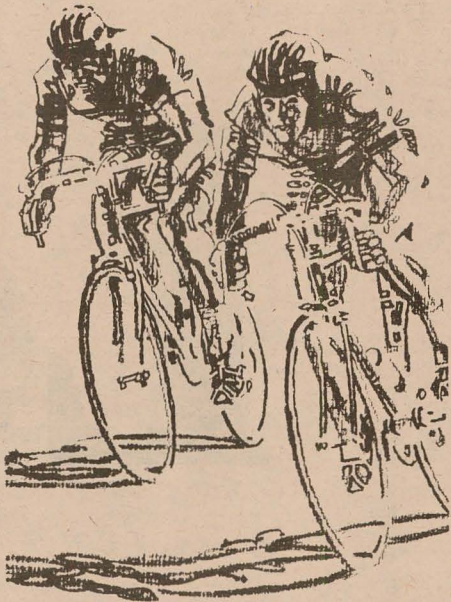
Bowling standings

TEAM	WIN	LOSS
LAMC	185	103
USAG	183	105
LAIR	174	114
MEPCOM	158	130
Sixth US Army	158	135
USACC	153	135
Sixth US Army Band I	116	172
HHD 504th MP	113	175
INSCOM	112	176
ARMR IX	110	178

Junior bowlers

Russell Adcock, Russell Yeager and David Fryer, three Presidio High School students competed in a bowling tournament for a chance at \$33,000 in scholarships after winning first, second and fourth in the Northern California Regionals.

In the state finals Russell Adcock finished in 4th place with series of 666 and 774 for a total of 1446. Teammates Russell Yeager and David Fryer with identical series of 708 and 709 for 1417 finished in a tie for fifth place.



Michelle Brawley won first place in the Girls' Junior Division with a 692 series in the Northern California Regional Roll-offs.

Pool hours change

Effective Saturday, weekend hours for open swimming at the post swimming pool, bldg. 1151, will be from noon to 4 p.m.

Ft. Scott Annex closure dates

Effective June 1, the Fort Scott Annex (Golden Gate Lounge) will be closed every Friday and Saturday, until further notice due to lack of patronage. The Annex will be open Monday through Thursday from 4:30 to 11 p.m., and Sundays from noon to 11 p.m.



photo by Richard Wetzel

Slip, sliding away

This slide into third base was made during a recent softball game between the LAMC Doctors and the lab techs.

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**...the write stuff...
something for everyone/
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Star Presidian

Vol. 27, No. 21

"Published in the interest of the people of the Presidio of San Francisco."

May 31, 1984

News briefs

Agents sought

WANTED: Soldiers in grades E-4 through E-6 to serve as counterintelligence agents (PMOS 97B). Accepted soldiers may be qualified for extensive training, rapid promotion, varied assignments, and high bonus payments upon reenlistment. Interested soldiers should call (415) 561-4742 to schedule an immediate appointment. Qualifications include an impeccable record, Defense Language Aptitude Battery score of 89, and a GT score of 110 or above.

Cub Scouts honor vets

About 150 Bay Area cub scouts descended on the Presidio's San Francisco National Cemetery Saturday morning — several hours later small U.S. flags decorated all 27,000 graves.

Ceremonies opened under sunny skies and began with a scout color guard raising the American flag and the drum and bugle corps from Troop 12 playing "God Bless America" and "Taps."

Steve Jorgenson, cemetery superintendent, welcomed the scouts and told them a little about the history of Memorial Day. Capt. Jim Melton, Presidio's Pack 77 cubmaster, spoke briefly also, praising the boys for giving up their Saturday morning to provide such a worthwhile public service.

Melton organized the placement of the flags and gave the scouts a little folklore and information as they worked.

Placing flags on veterans' graves has become an annual tradition here for scouts, and is a custom in other national cemeteries throughout the nation as well.

On-post courses available

There is still time to enroll in on-post college courses this summer.

Introduction to Sociology (Soc 105) meets Tuesdays and Thursdays, 5:30-9:15 p.m. at Ft. Scott; and Child Development (Psy 330) meets Mondays and Wednesdays, 5:00-7:45 p.m. at LAMC. Courses end August 2.

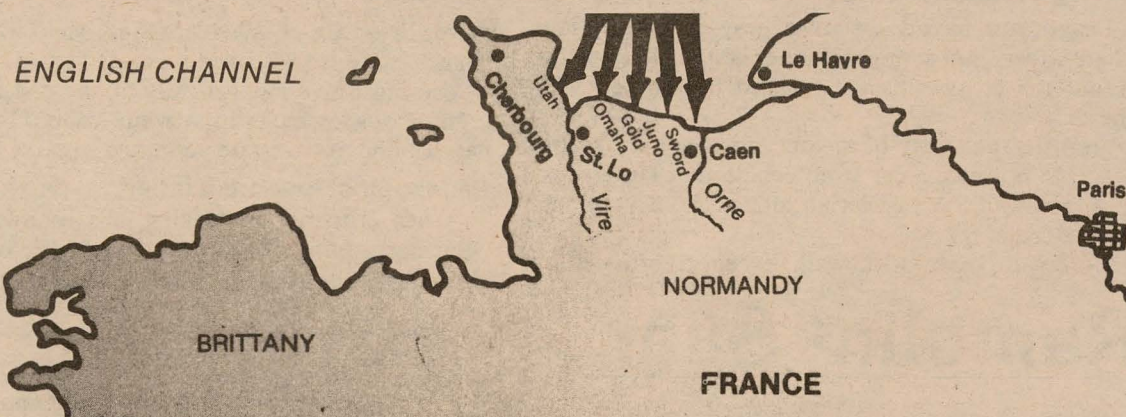
Register today at the LAMC or Ft. Scott Education Centers.

Children's benefits

Someone once said there is no such thing as an illegitimate child ... only illegitimate parents.

However, a provision of the Civil Service survivor annuity law, which restricted survivor benefits to those "illegitimate" children who were living with their Civil Service parent at the time of the parent's death, has been declared unconstitutional. Judge Charles R. Richey of the District of Columbia Federal District Court ruled that all "illegitimate" children whose Civil Service parent died on or after February 24, 1972, are entitled to back (retroactive) benefits which the Office of Personnel Management (OPM) improperly denied them. They may also be entitled to future monthly benefits.

Persons who think they may be eligible for benefits, or know someone who may be eligible, should write P.O. Box 16, Washington, D.C. 20004, or call (202) 632-6853.



Post commemorates D-Day

by Tom Condon, American Forces Press Service

Soil containing the blood of American soldiers has arrived here from Normandy for the purpose of planting a tree in honor of American troops who fought during the invasion of Normandy. The special tree planting ceremony will take place at 3 p.m. on June 6 in recognition of D-Day's 40th anniversary.

Like a boxer feinting with his left and hitting with his right, the allies caught the Germans off guard on D-Day by faking an attack at Calais, but striking Normandy.

The deception worked so well that for several weeks after the invasion, the Germans kept reserves in the Calais area, still waiting for an attack there.

The successful ruse, a result of months of effort, contributed to D-Day operations and helped reduce allied casualties in the early stages of the landing at Normandy. But exactly which deceptive operations and practices convinced the Germans that Calais was the target are not known to this day.

After carefully examining the European coastline in 1943, the Chief of Staff to the Supreme Allied Commander (COSSAC) concluded that based strictly on military logic, the invasion should take place at one of two places — Calais or the coast of Normandy between Cherbourg and Le Havre.

The most obvious site was Calais because it was the shortest shipping route from England and the most direct land route to Germany.

But the big drawback was the size of the port at Calais; it was too small. A larger port would be needed to supply the armies once they secured the beach and started pushing inland. The harbors at Cherbourg and Le Havre were the right size.

Although the distance across the English Channel to these ports was much greater than to Calais, it was argued that the huge allied invasion fleet would sail from virtually all major English ports. So, most ships would have long crossings regardless of which landing site was chosen.

Close to Le Havre, between the Orne and Vire rivers in Normandy, were beaches with good terrain for a landing force and for building airfields.

Major population centers were at St. Lo, 15 miles inland on the Vire, and Caen on the Orne, just seven miles from the coast. Both were major communications centers and critical targets. And from Caen right through to Paris the roads had no major obstacles, such as large rivers.

But the final choice of a landing site still hinged on the location and strength of German defenses.

When it was determined that the heaviest German defense would be at Calais, while the beaches of Normandy would be less protected, the decision was made.

While the armies and ships were forming in southwest England ready to hit Normandy, a mock invasion force was conspicuously assembled across the channel from Calais.

To draw more attention to the Calais area, Gen. Patton was brought back to England from the Mediterranean to command this phantom army. More preliminary bombing attacks and reconnaissance flights were made on Calais than in Normandy.

On June 6, 1944, more than 130,000 troops landed on five Normandy beaches. By the end of June, troop strength increased to nearly a million.

The rest is history. For this reason D-Day will be remembered with a tree planting here — something that will last and remain with us for years to come.

Spring clean-up campaign starts

by Pat Barham

It's that time of the year again when the grass is green and knee-high to a giraffe. What does that mean to Presidio residents?...you guessed it, it's time for this year's annual Spring Clean-up!

Those residents who have been here any time at all know what is going to be going on, but for newcomers that may have been assigned here more recently, Spring Clean-up is when soldiers and their families put forth a special effort to make the Presidio a more attractive place to live.

Spring Clean-up is scheduled for June 4-10. Major units will be responsible for their particular areas. Soldiers from LAMC, LAIR, INSCOM, USACC, DLI and Headquarters Command Battalion will work to beautify their areas.

Over the long winter months, trees, limbs, leaves and other such debris find their way into the obvious places where people can see them and, as most will agree, trash and piles of rubbish look bad.

SFC Charles R. Gordon, NCOIC of the Presidio

Post Police section said, "There are six main areas of responsibility on the Presidio; these areas fall under the jurisdiction of the six major commands located here. These units or areas make up the 5.5 square kilometer area on which the post sets.

"Both Spring and Fall are prime times for 'house cleaning' since these are the times when the weather does its best or worst to the grounds," Gordon said. "We (the command) would like to see the Presidio look like a national park. When something looks neat and trimmed we look good."

The week-long project will extend into the housing areas. Quarters come under the jurisdiction of the Housing Division, the housing coordinators and the individual building coordinators. These people will ensure that the quarters areas are cleaned in the same fashion as the rest of the post, "clean as a whistle."

Through the efforts on all the residents of the post this week-long event should prove to be a success, but only through the efforts of everyone working as a team.



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Opinions

TAKE A BITE OUT OF CRIME

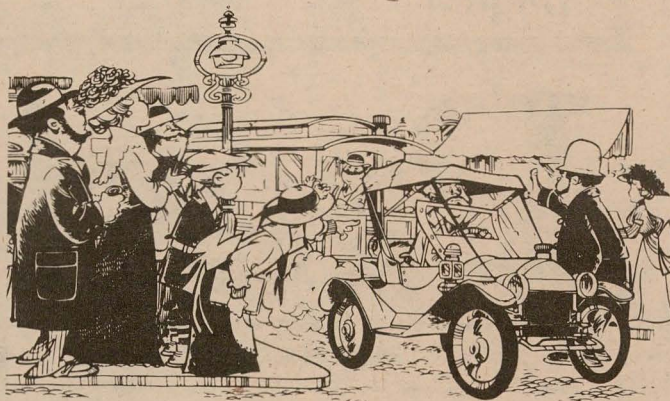
To ensure the safety of both pedestrians and drivers on the Presidio, the Crime Prevention Office presents the following rules and guidelines which are the responsibilities of both drivers and pedestrians.

Drivers' responsibilities

Pedestrians have the right-of-way at intersections, where streets join at approximate right angles, whether or not the crosswalks are marked by painted white lines.

Stop for the safety of anyone crossing the street on foot. Do not pass a car from behind that has stopped at a crosswalk. A pedestrian hidden from your view may be crossing.

Do not drive on a sidewalk, except to cross it at a



driveway or alley. When crossing, yield to any pedestrian.

You must give right-of-way to any pedestrian using a guide dog or carrying a white cane. Only blind or nearly blind persons are permitted to carry these canes.

Pedestrians' responsibilities

When crossing or walking in a roadway at places which are not intersections or marked crosswalks, you must yield the right-of-way to vehicles. If you "jay-

walk" across a street between intersections, where no pedestrian crosswalks are provided, you must yield the right-of-way to all vehicles.

You must not suddenly leave a curb or other safe place and walk or run into the path of a vehicle which is close enough to be a danger to you. This is true even though you are in a crosswalk and the law says that any driver must take care for the safety of pedestrians. If the driver can't stop in time, the law won't help you.

When walking or jogging on a roadway where there is no sidewalk, you must walk or run facing traffic — that is, close to your left-hand edge of the road.

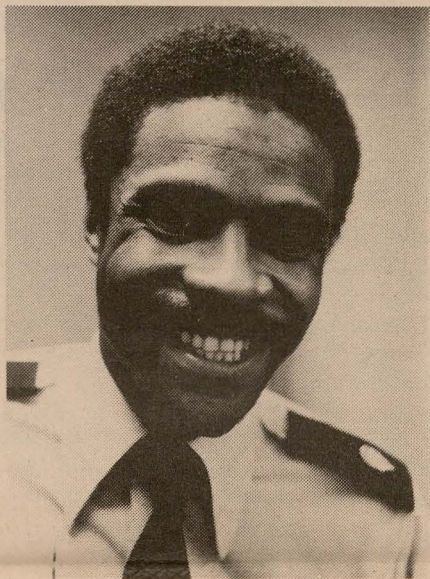
At an intersection where traffic is not controlled by signals, drivers are required to yield the right-of-way to you within any crosswalk, marked or unmarked; but you must give the driver a chance to yield to you.

You must not stop or delay traffic unnecessarily while crossing a street.

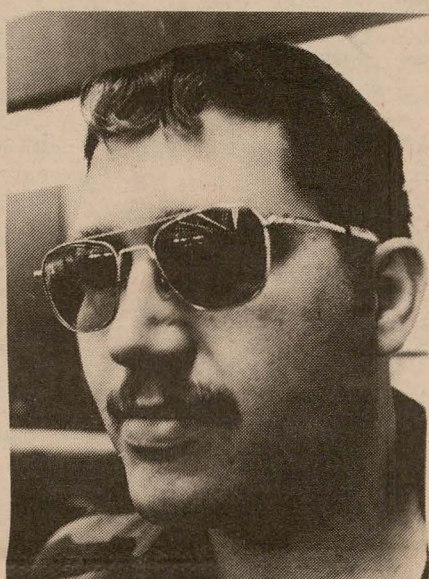
If drivers and pedestrians on the Presidio follow these simple pedestrian rules and regulations regarding right-of-way, Presidio will be a safer place for all of us. Any questions may be directed to the Crime Prevention Office at 561-4925/5739.

Ramblin' Sam

"Could a computer replace you?"



Sp5 Lamont Willis, adjutant general senior administrative clerk, LAMC, "No, I don't believe a computer could replace me because the data you put in is what you get out of it."



Sp4 Thomas Newton, small arms repairman, Co. H, DLI, "No, I'm a small arms repairman. There's no way a computer can do that."



Yvonne Shorter, secretary/stenographer, LAMC, "Yes, a computer can be programmed to do just about anything, but it would never be able to replace me as a caring human being, dealing with the public."



Lt. Col. Sharon Lambert, chief of surgical nursing, LAMC, "A computer could not replace any human being, especially a nursing supervisor or any nurse for that matter. Computers are inhuman, so they couldn't relate to people. They couldn't comfort people."

Editorial

by Pat Barham

Recently on a sun-filled afternoon while leaving work for my quarters, the sudden roar of a cannon shook my vehicle. Knowing it was about 5 p.m. by my watch, I promptly slowed the vehicle and stopped by the side of the road.

As everyone should know, that is the time of day our national colors are lowered on the installation. My family and I got out of the vehicle and rendered the proper salutes and honors to the flag while numerous officers and enlisted soldiers drove past us.

It isn't so bad when some civilians do it, because some people may not know about the daily ceremonies conducted on military installations, but to see fellow soldiers gawk at a bunch of people standing on the side of the road when the colors are lowered repels me.

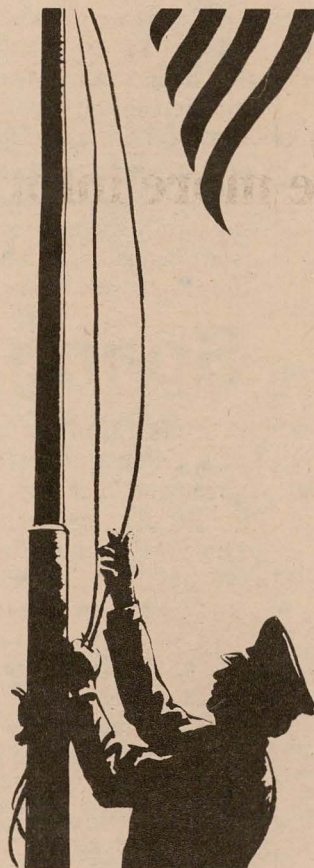
Has the Army turned so liberal that our nation's colors mean nothing to us

now? I would venture to say that several thousands of fallen comrades frown at the thought. We in the military, or at least some of us, still hold to the belief that the flag *means* something and that our country stands for something. Maybe I'm wrong, but I doubt it.

Just because the Presidio is a major thoroughfare and people who aren't in the military frequent this post is no excuse for such gross disrespect by soldiers.

Maybe I'm just a soldier who is of that dying group known as professional soldiers? Maybe being a professional and doing my job and believing in tradition doesn't fit in this new Army. I hope that it *does*, because if it doesn't I can't see any future in the military.

Maybe some day some of the same soldiers who "continue to march" when the cannon sounds, will see the benefit of living in the United States and truly serving their country with pride in the real Army.



*Somewhere a bugle softly sounds
The message of renown,
And men inside their buildings wait
Until the flag comes down.*

*And others run to get their cars
Quite harrowed or dismayed
Afraid they will not reach the gate
Before retreat is played.
Not thinking of the flag or men
Who fought to keep it flying.*

*How many would be glad to stand,
Whose bodies now are mute,
Or have no hand that they might raise
And stand in proud salute.*

*So accept it not as duty
But a privilege even more
And receive it as an honor
Instead of just a chore.*

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Checkbook tips prevent money problems

by Pat Barham

With the new mandatory sure-pay system taking effect soon, many soldiers who have never picked up a checkbook will have to begin managing their money using a checking account. With this privilege comes responsibility, however, with a few short tips anyone can manage a checkbook.

A checking account is a good way to keep track of your money and to pay bills without having to carry around large sums of money. But there is a catch — you must keep an accurate record of the checks you write and the deposits you make, or you run the risk of bouncing checks. Knowing how to properly write checks, keep a record of written checks and compare that record with the bank's will help you avoid bad checks.

There are serious consequences for soldiers who write hot checks. If you write bad checks you could:

- Damage your reputation and credit rating.
- Get on the post's bad check list
- Have your check-cashing privileges suspended for six months, a year, or indefinitely.
- Be reprimanded.
- Get an Article 15 under the UCMJ.
- Be reduced in rank.
- Be court-martialed.
- Be barred from reenlisting.
- Be separated from the Army.

Bad checks can mean trouble...to avoid trouble, make sure you *always*:

- Write your checks properly and fill them out in ink.



• Write dollar and figure amounts the same. *Never* sign a blank check and never lend your checkbook to anyone.

- Sign your checks the same way it is shown on the bank card.
- Record all the information in your checkbook.
- Balance your records promptly with your bank statement.
- *Never* write a check unless there is enough money in the account to cover the check.

The most common reason for an overdraft is not knowing the exact amount of money in your account. There are two ways to prevent overdrawing your account:

- Keep an exact and accurate record of your checks and deposits. (Be careful.

not to transpose number and write the figures incorrectly).

• When you receive the bank statement, make sure the bank's balance shown on the statement agrees with your check record balance.

Verifying your bank statement with your checkbook balance is called "reconciling bank statement with the check register." It's a simple process, just follow these six steps:

(1) The bank statement balance will be the first amount in the right hand column of the bank statement.

(2) Outstanding checks are those checks you have written but have not yet reached the bank; they do not appear

on the bank statement. Enter the check(s) number and the amount.

(3) Subtract the total of the outstanding checks from the bank statement balance.

(4) If you have made deposits that are not shown on the bank statement, list the date of each deposit and the amounts of each.

(5) Add the total of the deposits outstanding to the balance left after subtracting the outstanding checks from the bank statement balance. This is the exact amount you now have remaining in the account.

(6) The last amount, the exact total you have in the bank, should agree with the balance you have in your check and deposit register. If the balances do not agree, you probably have made a mathematical error. Check your figures.

Knowing how to do these things will help you avoid bouncing checks and with the new sure-pay system taking effect, **bouncing checks might mean no money.**

(1) Bank Statement Balance:	\$175.00	
(2) Checks Outstanding:	\$110.00	
#500 \$35.00		(3) \$ 65.00
#501 \$50.00		
#502 \$25.00		
(4) Deposits Outstanding:		(5) \$220.00
March 1 \$200.00		
March 5 \$20.00		\$285.00
(6) Check Register Balance:		\$285.00

Child care referral service available to residents

by Bob Walker

So you're having problems finding child care you can count on to meet your military work schedule. Where can you go for help?

Child Development Services not only has daytime child care facilities, but it also has a referral service for Family Child Care (FCC). You're referred to a person who is certified to provide in-home child care for ten or more hours a week. The program prepares homes for child care through training people in several areas. There is an eight hour orientation, eight hours of Red Cross first aid classes and a quarters inspection by the fire inspector and CDS family services director, Karen Jupe. Another eight hours of training is required within a year and 24 hours of training is required each year to remain a family child care provider. This organization of the homes, monitored by CDS gives family child care providers access to resources not usually available to private persons such as referral services and workshops. In addition, a development activity schedule and a plan for emergency care must be prepared as part of the certification process. A provider must be 18 years of age and live in government housing. The provider may not use alcohol or prescription drugs when the children may notice their effects. In addition to other criteria, no other jobs may be held during child care hours.

Certified FCC homes are restricted to the number of children for which they may care. Depending on the ages, from four to eight children may be cared for at a time.

The program helps the children develop physically, socially, emotionally and intellectually from the program. The children receive both indoor and outdoor activities and are given both respect and affection. Interaction with other children helps them develop socially.

A detailed booklet on the FCC program is available from CDS explaining how a person becomes certified for child care and how the entire program works and benefits both children and parents.

According to Jupe, CDS currently has 22 certified FCC homes which are for more than 80 children.

John Gunnarson, CDS director said that "Only 11 percent of the homes today have a wife as a homemaker." Child care would seem to be a necessity under these circumstances.

But what do the people get out of caring for children?

Berna Miranda cares for four children, ages two, four, five and seven, in addition to her own two children, ages seven months and three years. She said, "I like children. It helps my husband out with housing by bringing in more money. At first my husband wasn't sure of the idea, but when he saw I was determined, he thought it was good. I've been caring for children for about three months now; I've had no problems with the children. We have fun playing and eating snacks — that's what they like. I work with them with the ABC's and one, two, three's. For Easter we made bunnies and colored eggs. It's good to be able to help people out."

Opal Moulton has one son, 11 years old. She cares for two children part-time and three children full-time. They range in age from two to seven years.

Moulton said, "I love kids and to be around them, hearing and seeing the funny things they say and do. They teach you a lot, too. It's a good way to earn extra money and stay at home with my son. I worked outside the home for 15 years — so the main priority was to stay home. It was a good change for my son to have me stay at home. I've been caring for children in my home for nearly three years now; we do puzzles and coloring together, watch TV and go on little field trips together to the beach, parks and zoo. I've had no problems at all caring for children. I guess I've been really lucky."

So if you're having a babysitter problem, you can solve it by calling Karen Jupe at 561-4712 for a FCC family referral. There doesn't need to be a frantic search for child care, regardless of when you need it.



photo by Bob Walker

Natalie Daga enjoys the puzzles while in Berna Miranda's care.

Coast Guard patrols Bay

by Pat Barham

The United States Coast Guard is a modern-day police force on the high seas who enforce maritime law. Fort Point, the third busiest station in the bay, is no exception as daily these people work to make the bay and a part of the Pacific Ocean a safer place.

A group of 29 people, they operate under a two-fold mission — search and rescue, and enforcement of maritime regulations — which is a demanding job for the seamen.

According to Petty Officer 1st Class, Ken D. Stuber, "The Fort Point station's areas of responsibility are: from Tiburon to Angel Island to Alcatraz to Pier 45 and back to the station, within the Bay. Outside the Bay, our area goes from Point Reyes to Half Moon Bay to the Farallon Islands to the Golden Gate Bridge."

"We're like the traffic cops of the sea, so to speak," Stuber said. "This station receives about 500 calls a year where our talents are needed. A call can be a distress call or an alert from our headquarters regarding illegal substance trafficking within our area. We average about one or more calls a day and our crews have to be ready to respond immediately.

"It's hard work," Stuber said, "but the rewards we receive give instant gratification." He explained, "You get to see something *happen* for your efforts when you go out on a call. If you save a

boat from sinking or catch someone smuggling drugs you have accomplished something."

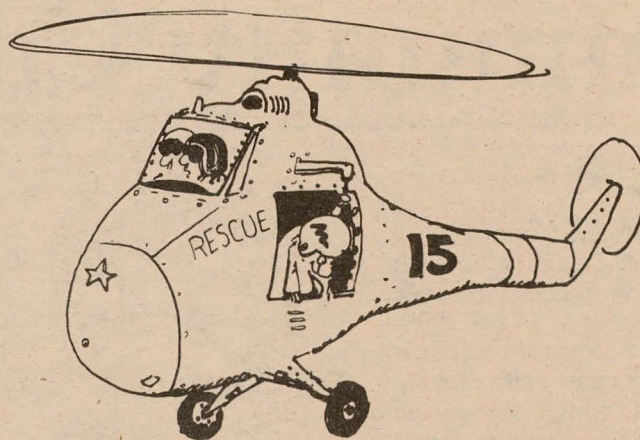
"We deal with situations concerning smuggling, boating safety, rescues and a host of other things that make every call an adventure," he added.

Working on 48-hour shifts, the Coasties still have time to relax and enjoy the area, but when it comes time to go to work, they work hard. "We work for 48 hours and then we're off for 48 hours, but there is always someone here ready for duty. We never know when a call might come in so when we're not actually on the run, we're training to keep up our skills," Stuber said.

There are two 44-foot motor lifeboats and a 30-foot surf rescue boat at the disposal of the Fort Point Station most all the time. Stuber said, "We may get a call and need one, two or all three of the boats to carry out a successful operation, we never know when all of them might be needed."

The two 44-footers have four-men crews while the 30-footer only demands a two-man crew. Boat maintenance, upkeep of the station and training takes up a lot of time but Stuber thinks it's worth it. "I have done a lot of things in my life but this is really something else," he said.

Each crewmember receives CPR training and there are six certified



Emergency Medical Technicians assigned to the station. Once a month the Fort Point Station trains with the Air Station Coast Guard members who are based at San Francisco's airport. In some situations, an aircraft may be needed to accomplish the mission. "Through our training together we all have a better understanding of how each of us operates and together, the job gets done," Stuber said.

But patrolling the waters of San Francisco isn't by any means fun. "It's not an easy job making sure that all the rules and regulations of the waterways are observed in our area. There are a lot of ships and boats which pass through our area. We have everything from ships to little two-man boats and all of them must abide by the maritime rules and regulations, during the day and the night. This, aside from deterring smuggling and other illegal activities, is a full-time job.

"We (the United States) are at war with drug runners; any situation can have hidden surprises and we have to be ready for that. We're not like the average service member who in time of peace doesn't have to worry about being shot. We may stop a boat and find something wrong and in a matter of minutes have a real serious situation on our hands," Stuber said.

"We serve the community and the nation. Without someone to enforce all the rules, things would be quite different. Our job is to make sure the waterways within our jurisdiction are the safest that is humanly possible. When a rescue or search mission is called in, we are there — knowing that our job and the things we do may mean the life or death for someone."

Being in the Coast Guard may not be easy, but it's a job done with pride. The San Francisco Bay is safer because the Coast Guard is here ... ready and waiting.

Education — 'Mini GI Bill' and other benefits

by Jeane Redsecker

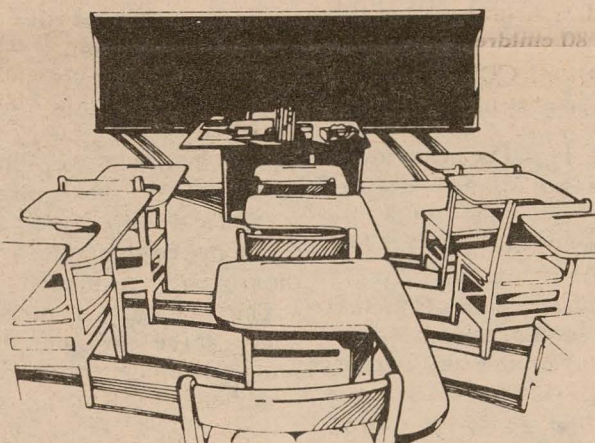
There were four distinct educational benefit programs offered from October 1, 1980 to September 30, 1981. All four require that the soldier be a non-prior service enlistee and a high school graduate with an Armed Forces Qualification Test score of 50, or higher. If you entered active duty during this time, it would be a good idea to contact an Education Center counselor and discuss your entitlement.

Plan A

To be eligible for a "kicker" in addition to Basic VEAP (Veterans' Educational Assistance Program), a soldier must have enlisted through one of 34 designated processing stations in a specified enlisted MOS. Two-year enlistments qualify for a \$2,000 kicker, three-year enlistments qualify for \$4,000, and four-year enlistments yield \$6,000. Soldiers must contribute to VEAP to be eligible for the kicker.

Plan B

To be eligible for a "kicker" in addition to Basic VEAP, a soldier must have enlisted through one of the following processing stations: Atlanta, Ga.; Cincinnati, Ohio; Ft. Hamilton, N.Y.; Fresno, Calif.; Kansas City, Mo.; Miami, Fla.; Minneapo-



lis, Minn.; Newark, N.J.; or Oakland, Calif. Only designated enlisted MOS's qualify; a two-year enlistment yields an \$8,000 kicker and a three or four-year enlistment yields \$12,000. Soldiers must contribute to VEAP to be eligible for the kicker.

Plan C

Called the "Mini GI Bill," this plan is probably the most complicated and unusual. It is the only benefit plan which allows for a transfer of benefits to family members. Eligibility is limited to soldiers who enlisted at one of the following processing stations: Beckley, W. Va.; Buffalo, N.Y.; Dallas,

Texas; Fargo, N.D.; Houston, Texas; Jackson, Miss.; Louisville, Ky.; Memphis, Tenn.; Omaha, Neb.; Philadelphia, Pa.; Seattle, Wash.; Sioux Falls, S.D.; Spokane, Wash.; or Syracuse, N.Y.

Only designated enlisted MOS's qualify — some require at least a three-year enlistment, and others a two-year term. Participants *must not* contribute to Basic VEAP. The benefit program provides for:

- A specified amount of tuition assistance available after two years of active service.
- Payment of \$300 a month while attending school as a veteran.
- Upon reenlistment, transfer of benefits to family members or a one-time cash payment of 60 percent of the value of benefits.

Plan D

To be eligible for this benefit plan, a soldier must have enlisted through one of the following processing stations: Albuquerque, N.M.; Amarillo, Texas; Charlotte, N.C.; Detroit, Mich.; El Paso, Texas; Ft. Jackson, S.C.; Milwaukee, Wis.; Oklahoma City, Okla.; Raleigh, N.C.; or San Antonio, Texas. Only designated MOS's qualify.

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Community Calendar

Jewelry class

The Presidio Arts and Crafts Center, bldg. 122, will offer a children's Dough Art Jewelry Class on Wednesday, June 20, from 1-4 p.m. Fee is \$5 per child. All supplies will be provided except the following, which each child should bring: one garlic press, one cookie sheet, and toothpicks. Class is limited to 10 and children must be 8 years old or older. Please sign up at the Crafts Center, bldg. 122. Call 561-4497 for more information.

Checkbook class

Checkbook management training classes are available on request from Army Community Service. Call now to schedule a class for your unit, ext. 5057/5155.

Summer activities

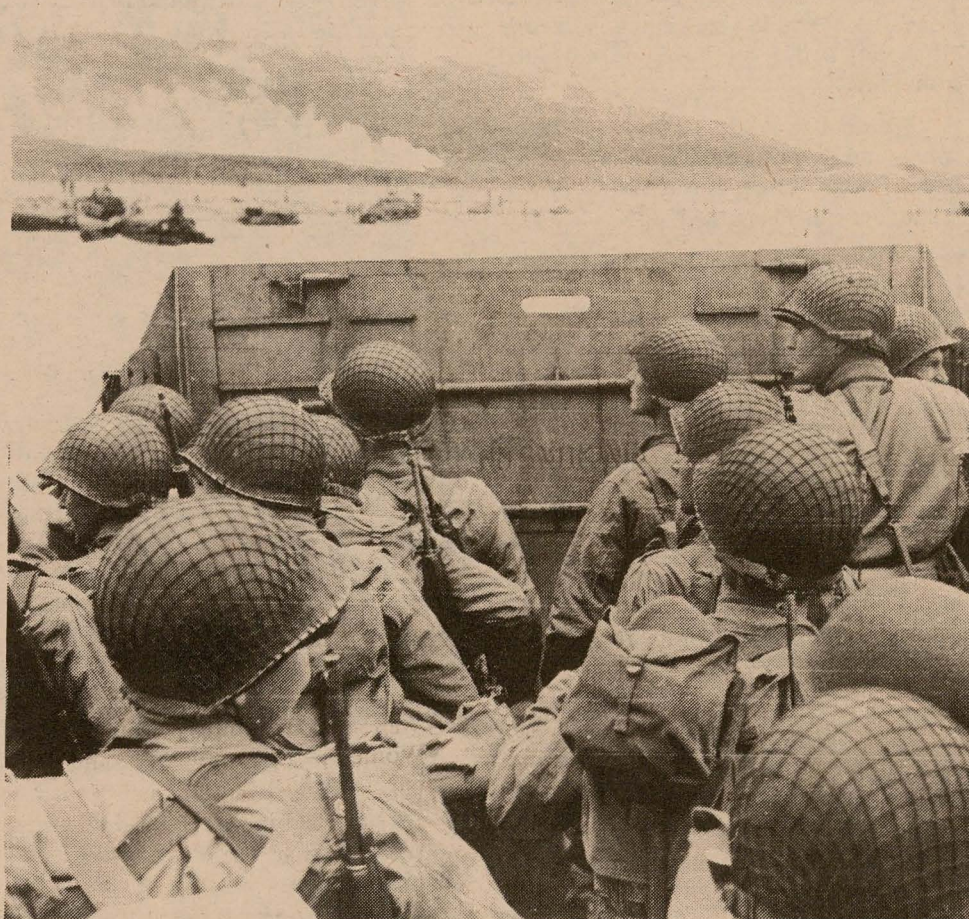
Registration for summer classes and activities for children ages 6 through 16 will be held on Wednesday, June 6. Registration will be held in the Girl Scout Building, bldg. 566, from 10 a.m. to 1 p.m.

Parents will be able to register their children for classes and activities offered by both Youth Activities and Child Development Services.

Youth Activities classes will include swimming, tennis, arts and crafts, racquetball, fencing, weight training, theatre arts, and computer operations. Each class will cost \$10 per two week session.

Child Development Services will offer full-day and part-day summer fun programs. Each session will focus its activities on a theme such as "Creative Explorations" and "Creatures Great and Small." All sessions will include field trips, swimming, computers, cooking, disco, and art activities with a professional artist. Children enrolled in this program will also attend YA classes teaching tennis, theatre arts, swimming, computer operations, and arts and crafts.

For more information, call John Gunnarson at 561-6004.



Forward into battle

American assault troops in a landing craft huddle behind the protective front of the craft as it nears a beachhead on the Northern Coast of France. Background smoke is Naval gunfire supporting the landing. June 6, 1944

US Army photo

Spring clean-up

Hey, hey, everybody let's get in the swing, let's get on down and do our thing, 'Spring Cleanup.' Beginning June 4 through June 10 on the Presidio and Forts Baker, Barry and Cronkhite.

Overall coordinator, NCOIC Post Police, SFC Gordon, ext. 5224.

Recycling

Recycling for June will be held Saturday, June 2. Quarters residents are reminded to have newspapers and all-aluminum cans ready for pick-up between the hours of 10 a.m. and 2 p.m. All proceeds from recycling go to the Boy Scouts, Girl Scouts, Parent Youth Club, and Aquarius Swim Club. In case

of rain, recycling will be cancelled, but cans and newspapers can be dropped off at the recycling point, next to building 661, at any time.

Parent-Youth Club

The Parent-Youth Club has fun activities coming up for all Presidio youth. For example, the Parent-Youth Club will be sponsoring a trip to Great America on June 9th. Many club members had a great time on the trip to Great America last year and are looking forward to the thrills on "The Edge," "The Tidal Wave" and "The Demon." Come by the clubhouse and sign up for the trip, space is limited.

The PYC also is sponsoring regular dances at the Log Cabin throughout the summer. Mark your calendar for

dances on May 25, June 29, July 27 and August 24.

Come by the Parent-Youth Clubhouse, building 908, on Friday or Saturday and enjoy ping-pong, pool, TV, stereo, video games, board games and just the fun of getting together with friends. For more information, call the Clubhouse at 561-4890 or Mrs. Karen Kaho at 239-5889.

Community luncheon

The Friday Community Luncheon is back in operation. It is held every Friday from 11:30-12:15 p.m. at the Religious Activities Center, bldg. 682. We will be serving soup and sandwiches. Come and share good fellowship and community news.

Spanish lessons

On orders to Panama or Puerto Rico? Learn Spanish without a teacher. Spanish video-cassettes are available for individual study. Visit the Education Center weekdays between 7:30 a.m. and 8:30 p.m. and set up your own study schedule. Let the television be your teacher!

Self-teaching Spanish audio tapes and books are available for checkout at the Education Center. Soldiers assigned to Spanish-speaking countries are welcome to keep their sets of books and tapes, provided they show a copy of their orders.

Racquetball lessons

Free lessons for beginners and advanced racquetball players will be given at Post Gym No. 1 from 9 to 11 a.m. on June 2. The instructor will be Carlos Farias, the 1983 Presidio Open Racquetball Champion. To sign up, call the Sports Office at 4120/5032.

For the eighth consecutive year DoD school students tested above the national average on the Scholastic Aptitude Test and the American College Testing Program.

... the write stuff ...

by Richard Wetzel

So, you got another ticket for double parking your Plymouth (DPYP) ... or maybe you slid it into one of those infamous "no-no" zones and got caught ... no need to feel guilty or ashamed, even the first lady of our fine city does it when the situation doesn't lend a choice ... There I was, at the corner of Lombard and Scott streets, waiting for a bus (the story of my life), when up to the corner pulls a big black Lincoln and out pops Mayor Dianne Feinstein, her car and driver remaining in a "no-no" zone ... oh well, at least it wasn't parked in front of the fire hydrant ... I was sitting on it ... by the way, the bus arrived 45 minutes later ...

SPRING HAS SPRUNG ... and we all know what that means ... time to get a new mattress ... no seriously, it's time for the Post Clean-Up Campaign, starting Monday and working (literally) it's way through June 10th ... as the slogan goes, "Its your post — do your share" and I'm sure that someone will see to it that we all will ...

CALLING ALL STAR TREK FANS ... the latest in a series of space cadet flicks, "Star Trek: The Search for Spock," opens Friday at the Royal, the Plaza and

the Spruce Drive-In... just in time for all you spacies, (...or is that "Trekkies?") A special exhibit, featuring Star Trek slide shows, films, Trek costumes and trivia contests begins at 11 a.m. Saturday at the Golden Gateway Holiday Inn, 1500 Van Ness Avenue (Van Ness at California) ... the show is repeated the following Sunday...

The 8th Annual Spring Folk Music Festival opens Saturday, June 9 at the Fort Mason Center ... the festival is a do-it-yourself event with continuous workshops on guitar styles, harps and unusual instruments, plus song styles and singing ... the events are free and open to the public ... the 3rd Annual San Francisco Fair and Exposition starts Thursday, June 14 and runs through Sunday the 17th ... the event showcases SF's world-famous culinary and cultural diversity. The fair features indoor and outdoor activities throughout Fort Mason and Crissy Field ... this one is in our own backyard ... don't miss it ...

Ever have one of those days when everything seems to be going around and around, yet nothing seems to be going around the right direction ... Like you wake up in the morning, only it's not anymore ...

If this were Sunday, I think I would go back to bed ... or better yet, maybe I'd go to the Golden Gate Park

and watch someone else stay in bed ... HUH?? ... Why, of course, it's the First Annual (I hate when they do that, please make up your mind ... is it the first? or is it an annual? ... you can't have both) Brass Bed Race, at 11 a.m. ... Teams of three, two pushers and one lazy person to sleep, will race approximately one eighth of a mile down John F. Kennedy Drive in big G.G. Park ... Prizes will be awarded in two categories: speed and decoration ... Entry fee is \$39 per team, tax deductible since it benefits the New Children's Museum of Northern California ... for more info on entering, call Gary Wiener at 974-6767 ...

MUSICAL STUFF has the sniffles this week and will return without any further warning... If the "stuff" appears to be a little short and humorless this week it's because my editor usually cuts most of it and I decided to save her the trouble ...

NEVERTHELESS ... for all you museum fans, the Asian Art Museum in Golden Gate Park will remain open on Wednesdays from 5 to 9 p.m., FREE ... through August 29. The Jade Room is well worth seeing, so you might want to go and check it out. For more information, call 558-2993. Till next week, enjoy!

At the movies

Presidio Theatre

May 31	Ice Pirates (PG)
June 1	Ice Pirates (PG)
June 2	Footloose (PG)
June 2	Footloose (PG)
June 3	Footloose (PG)
June 4	Footloose (PG)
June 5	Uncommon Valor (R)
June 6	Uncommon Valor (R)

Schwartz Theatre

May 31	Cross Country (R)	7 p.m.
June 4	Ice Pirates (PG)	7 p.m.
June 6	Footloose (PG)	7 p.m.

Presidian Review: In *Footloose*, a Chicago youth moves to a small Rocky Mountain town. The town has a ban on dancing so he tries to win the acceptance of his fellow students by bucking the town council in order to get the school prom reinstituted.

Sports



Instructors sought

The Youth Activities office is looking for several people to help with the summer activities program. People with skills and experience in the following areas are needed: arts and crafts, swim instructor (must have current Water Safety Instructor certificate), weightlifting, racquetball, fencing and computer operations. Activities will begin after school is out, and will take place at various times on weekdays between the hours of 8 a.m. and 3 p.m. These are paid positions and will last about 10 weeks. For more information, phone the Youth Activities office at ext. 5143.

Aerobics classes

High energy classes including stretching, toning, and aerobic conditioning, done to popular music, are

available daily at Post Gym No. 1. Classes are on-going.

A free introductory class will put you in the spirit of fitness. Wear comfortable clothing and tennis/aerobic shoes. Open to all ages and levels of fitness — participants are encouraged to work at their own pace.

For more information, call 381-3382 or 561-4120.

Hanover Corporate Challenge road race

The Manufacturers Hanover Corporate Challenge, a 3.5 mile road race is open to all full time employees of the Presidio of San Francisco.

The race will be held on Wednesday, June 27, at 6:30 p.m., starting at the foot of Market Street in San Francisco. Competition will be in Men's, Women's and co-ed teams.

Potential team members' time standard for the Presidio team is as follows:



Intramural softball standings

Teams	Win	Loss	OARB	1	0
DLI, Co G	3	0	USAG	2	1
Doctors +	3	0	DEH	2	1
A Team	3	0	6th Army Band	1	1
MSC	2	0	Red Cross	1	1
6th Army	2	0	LAMC #2	1	1
FBI	2	0	Attorneys	1	1
			864th Engrs.	0	0

Youth Activities baseball standings

Youth Activities Baseball Standings		Coaches	
Minor League Teams			
Totems	4-1	Bill Mayberry	
Mets	1-4	Pat Duff	
Stars	2-3	George Chigi	
Major League			
Phils	5-1	Daniel Martin	
Junior League			
Astros	2-1	Tony Crisafulli	

- Men — 6:00 minutes per mile
 - Women — 7:00 minutes per mile
- Sign-ups will be at Post Gym No. 1, bldg. 63. For more information, call Bob Darling at ext. 4120/5032.

Final golf standings

USAG — 43
LAIR — 39½
LAMC, Co B — 39½
ARMR IX #1 — 37
6th Army — 26½
USAG #2 — 25
6th Army #2 — 20
ARMR IX #2 — 13½

Boating classes

Classes on boat operation and safety will be held June 6 and 21 at 5 p.m., bldg. 92, Outdoor Recreation.

Authorized persons who wish to use boats with motors from Outdoor Recreation **MUST** attend one session before checking out a boat. There will be NO exceptions to this policy. People who have attended previous classes at Presidio's Outdoor Recreation are not required to attend.

For more information, call or come by Outdoor Recreation, ext. 4324, bldg. 92, between 8:30 a.m. and 5 p.m., Monday through Friday.

Annex closure dates

Effective June 1, the Fort Scott Annex (Golden Gate Lounge) will be closed every Friday and Saturday, until further notice due to lack of patronage. The Annex will be open Monday through Thursday from 4:30 to 11 p.m., and Sundays from noon to 11 p.m.

Scuba classes

Classes are being held either one evening a week for six to eight weeks or three consecutive weekends. You need not be a champion swimmer to learn to scuba dive nor do you have to buy a lot of equipment. You can rent gear from Outdoor Recreation for a minimal charge for the duration of the course.

Once you complete the course, you will be able to dive with confidence. Military and DOD (Department of Defense) civilians are authorized to take the class. Cost is \$85; minimum age is 13. Call Outdoor Recreation at 561-4324 for the starting date of the next class.

Pool hours change

Effective May 19, weekend hours for opening swimming at the post swimming pool, bldg. 1151, are from noon to 4 p.m.

Excitement!

Your military electronics background could be the first step towards an exciting career with Advanced Micro Devices.

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John Riordan, Attorney
Civic Center Bldg.
507 Polk, S.F.
Tel. 928-3220

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MOBIL DISCO: DJ for weddings, class reunions, company parties. All music styles, requests. Call Eareye Productions, 968-7059.

CLOTHES DRYER, Lady Kenmore, \$100. Twin mat., \$25. 408-926-5217 or 966-5106.

SEARS BARBECUE, covered on wheels, \$20. 408-926-5217 or 966-5106.

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Clip and mail this form with \$10. check to SPECIALTY GRAPHICS, 897 Independence Ave., 1-E, Mountain View, CA 94043. Limit 30 words per ad. Ad must be received no later than Monday a.m. to appear in Thursday's edition.

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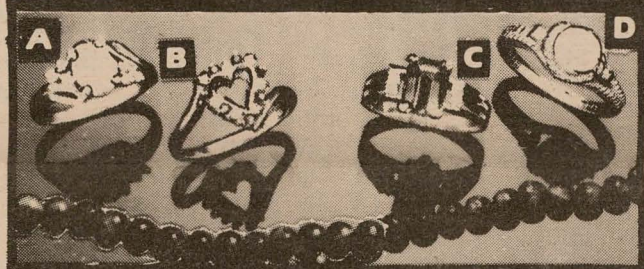
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**SATURDAY
JUNE 2ND**

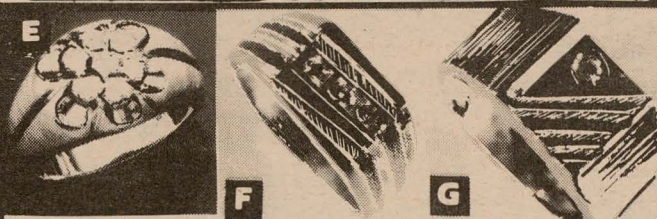
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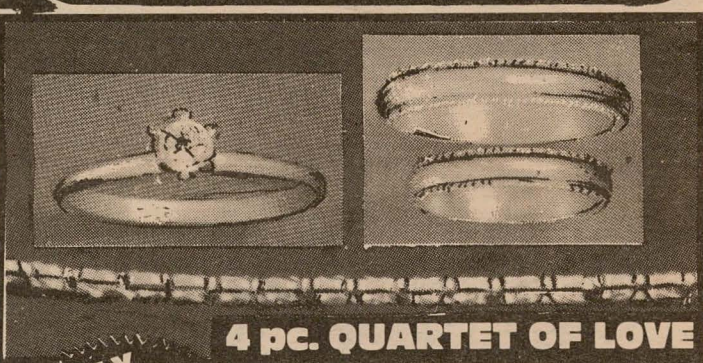
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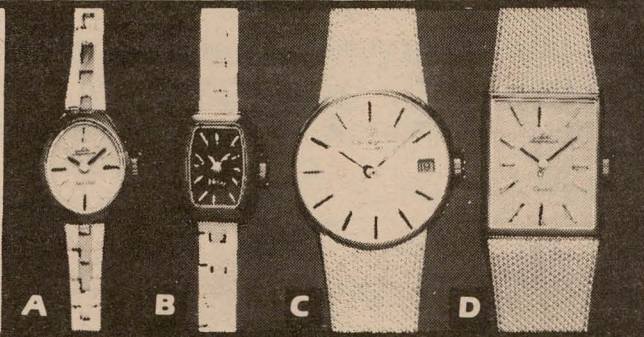


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people who make it work/
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all happening at
the zoo/page 5



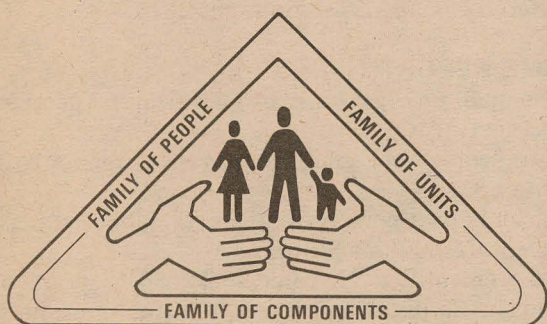
Star Presidian

Vol. 27, No. 22

"Published in the interest of the people of the Presidio of San Francisco."

June 7, 1984

News briefs



Army Family Logo

The winner of Presidio's Army Family Logo competition is Pam Pate. The logo emphasizes the 1984 Army Theme: "Year of the Army Family." Col. Eugene D. Hawkins, post commander, issued a proclamation that the Army Family logo be "used as the official stamp, seal and endorsement of all activities pertaining to the Army Family Theme, and will be used to identify all events pertaining to the total Army Family at the Presidio of San Francisco." T-shirts displaying the logo are available for \$5 at ACS in all sizes. Proceeds go to the Morale Support Fund.

LAMC parking

Letterman now has a remedy for what has long been its patients' chief complaint — the lack of convenient parking. For many years, a visitor's first reaction to Letterman was frequently one of annoyance or frustration. The fruitless search for a spot in Letterman's main parking lot and the sometimes long, painful walk to the hospital compounded the anxiety and discomfort often part of a trip to the doctor. Beginning this month, Letterman's staff will follow a new parking policy which will ease patients' parking pains.

Under the new policy, all Letterman staff will be barred from parking in the main lot east of the hospital during duty hours, Monday through Friday. A gate system, which will be installed in the lot this month, will prevent parking in the lot between 5:30 a.m. and 7:30 a.m. The system is designed to eliminate parking both by Letterman's staff and by commuters who leave their cars in the lot and bus to work downtown. At 7:30 a.m., the gates will be opened, giving visitors sufficient time and space to park before clinics open.

Two new parking lots will also reduce the hassle of finding parking. The area behind the hospital's annex buildings has been paved and can accommodate 172 cars. The lot will make access to the outpatient clinics in the annexes more convenient. Also, a lot under construction adjacent to the LAMC/LAIR tennis courts will provide another 120 parking spaces. These two lots will serve as alternate parking sites for Letterman's staff and patients.

Staff parking areas also include the 202-car lot at the northwest end of the compound, next to Clothing Sales on Gorgas Avenue and the "Dust Bowl," the 140-car lot next to the Post Gym, bldg. 63, on Lincoln and Presidio Boulevards.

Because of the additional spaces and the gate system, the first treatment patients will receive at Letterman will be relief from parking anxiety.



photo by Weintraub

Members of an American landing party help soldiers from their outfit whose landing craft was sunk by the enemy off the French coast. These survivors reached Utah Beach, near Cherbourg, in a life raft.

D-Day...one soldier's story

by Liz Greeley

Yesterday a tree was planted speeches made and flags unfurled in honor of D-Day. We paid tribute to the men who died on the beaches of Normandy and to those who survived to recount the tale. . .

"We were cold and wet and tired."

C. Perry Faria, a 23-year-old Army platoon sergeant with the 4th Infantry Division, 12th Regiment, was, as he said, cold and wet and tired that morning. That morning was June 6, 1944.

The sky was gray and overcast at 9 a.m. and Utah Beach lay directly before Faria. Loaded down with extra rations, blankets, a gas mask and all the grenades he could carry, the surf was tough for him to maneuver.

"When we hit the water, my legs gave way. I thought I was going to drown. But then I straightened up — the water was up to about my chin," he said.

He waded to shore and up onto the beach; there was intermittent shell-fire.

"The first thing I noticed was some vehicle burning to my left and some men were digging in — trying to stay out of trouble.

"The first casualty I saw was an American on the beach. The first Germans I saw were prisoners sitting behind sand dunes with their hands on their heads, he reported.

St.-Mere-Eglise was the rallying point, the high ground, for Faria's outfit. Once his outfit hit the beach, he said, "all we wanted to do was get on the high ground — run for our lives!"

Were they scared?

"In a way you were, but you weren't that frightened. You just thought, 'Gee, I hope nothing happens.'"

"You have fear — without fear you'd be a foolish soldier," he said.

Once on the beach, Faria's group started looking for

the causeway that was supposed to lead to St.-Mere-Eglise, but they couldn't find it. They were on a flood plain with lots of canals and the Germans had flooded the entire area, covering the causeway.

But each soldier had a short piece of rope with loops on each end. With this, they made a rope chain. Faria would swim across each canal and his buddies would then throw the rope across. They finally reached the high ground after 11 that night.

Faria said, "I don't think I dried out for three days." It was fortunate that they weren't fired upon while crossing the flood plain because, as Faria noted, they were completely exposed, with no place to hide.

But Faria was one of those who made it. He was one of the lucky ones.

By D-Day's end there were 200 casualties at Utah Beach. Bad as that might seem, the situation was worse by far at Omaha Beach. There, 2,500 fell in the effort to take the beach, with 34,000 making it ashore.

American losses that day numbered about 6,600 men killed, wounded or missing; British and Canadian casualties numbered approximately 4,200.

Yet how did they succeed in the liberation of Europe, these cold and wet and tired soldiers? Was it strategy, brilliant maneuvers, fate?

"Just be a good soldier, obey orders and you'll probably be all right. The Army trains to save lives, not to lose 'em," Faria said at one point while recounting the events of that day.

And maybe it's this kind of thinking, more than anything else, that best sums up the reason for the success of Operation Neptune, or D-Day.

They were cold and wet and tired. . .but they kept coming.

They were cold and wet and tired. . .but they scaled those bluffs at Omaha.

They were cold and wet and tired. . .but they were soldiers.



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Opinions

TAKE A BITE OUT OF CRIME

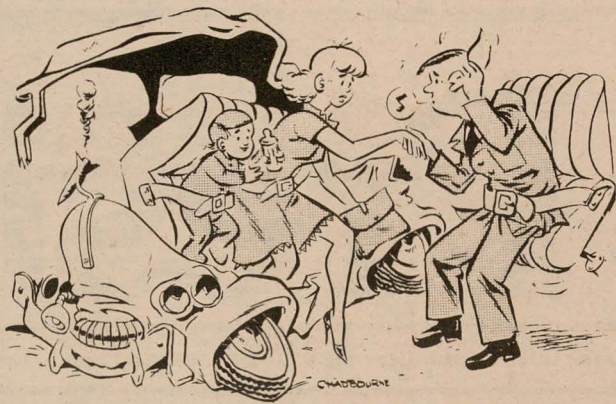
Seat belt safety

With summer soon to arrive, and schools letting out for vacation, more and more families will be driving extra miles with children in the car. To ensure the safety of the children and adults of our community, the Presidio Crime Prevention Office presents the following seatbelt safety tips:

Fasten your belt:

Be sure everyone in the car does. In case of a crash or sudden stop, seat belts keep passengers from being thrown into the windshield or dashboard or out of the vehicle. Kept in place behind the wheel, a driver has a better chance of regaining control of the car.

No matter how carefully they drive, most drivers will be involved in at least one traffic accident during their lifetime. The chances of being injured or killed are greater than you might think. About one person in three will be injured or killed in a traffic accident. Since there is no way a driver or passenger can completely eliminate the possibility of being involved in an accident, the best thing is to increase your chances of surviving by always using seatbelts.



Belt a Kid — save a life

California law states that adults must put their children, or children for whom they are responsible, in approved safety seats. The law specifies that children under 4 years old and weighing less than 40 pounds will be covered.

Car accidents are the number *one preventable* cause of children's deaths. More deadly than leukemia, polio, or muscular dystrophy, they also cripple or disfigure thousands of youngsters for life.

Infants and toddlers can get almost complete protection when placed in approved crash-tested child car seats, fastened according to directions. An older child can be raised on a crash tested "safety booster seat," to properly fit a standard shoulder lap belt.

Studies show that eight out of every ten children who die in automobile crashes would have survived

had their parents properly placed them in a child safety seat.

Numerous studies of serious accidents show that drivers who are belted are three times more likely to survive than those not restrained by seat belts. These studies show that out of over 100 unbelted drivers killed in a traffic accident, 75 would have lived had they worn their seat belts! So you can increase your safety by using your seat belt all the time. You never know when an accident might happen. Please **buckle up!!**

A reminder to Army motor vehicle operators:

Army drivers shall ensure that they use seatbelts or other restraining devices installed in the vehicle. The driver and senior passenger shall ensure all passengers use seatbelts/restraining devices before starting the vehicle. This applies to government vehicles driven off post as well as on post.

Any questions about traffic regulations should be directed to the traffic section, 561-3810.

CRIME REPORT:

Person(s) unknown took a wallet from an unsecured jacket at LAMC.

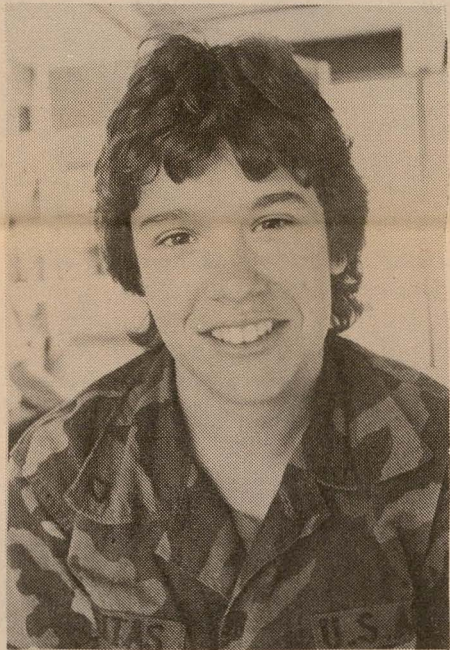
Two people were apprehended for conspiracy to distribute LSD.

An unknown person robbed and stabbed a person adjacent to the Four Seasons.

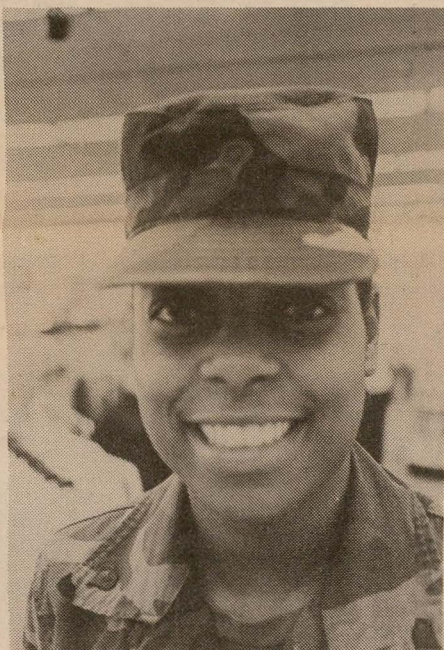
An unidentified Hispanic male, 30-35 years old, brandished a pistol and forced a woman into his vehicle, whereupon he sexually assaulted her several times.

Ramblin' Sam

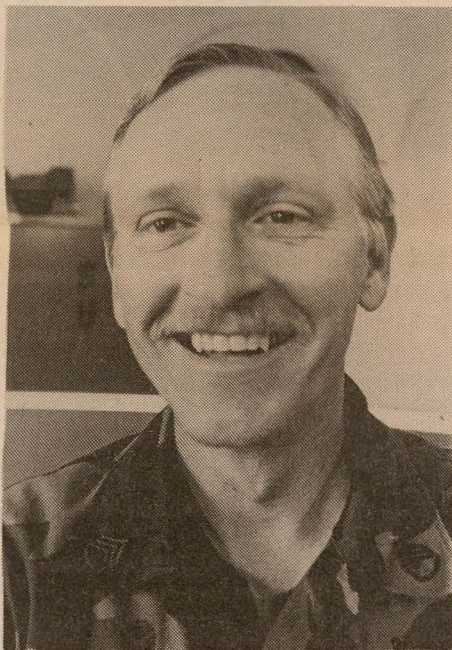
"Of anyone in the world, who would you most like to sit beside at a dinner party? What would you talk about?"



PFC Jennifer Freitas, MP, LEC, "I'd want to sit with Tom Landry. I'd talk about the Dallas Cowboys and ask him how the Cowboys are going to do this year. I'm a Dallas fan."



Sp4 Beverly Jones, orderly room clerk, 170th MP's, "I'd want to sit next to Billy Dee Williams. I'd talk with him about his divorcing his wife and his marrying me."



SSgt. T.E. Mayo, NCOIC, Official Mail and Distribution, "It would be Sarah Purcell from *Real People*. I have loved that girl since day one. All of my girl friends know it. I would talk about the possibility of a future relationship with her."



Sp5 David Taylor, biomedical maintenance repairman, LAMC, "Probably President Reagan would be the person I'd like to sit next to. I'd talk about world situations and problems. I'd ask why there is such a big play on the military, getting more information than found in the press."

Actionline

I have a complaint against the post garage. I went to the post garage to put on a shock, but I couldn't because it was rusty. At that time I was told the job would be about \$10, and I went back to check on my car a number of times. I was parked in an area where they usually do the work. I finally called them at 12 o'clock and asked them what time the car would be ready and I was told it would be ready around 1 o'clock. When I went down there, they charged me \$35 to put on one front shock. I could have taken it to any filling station any place and got it done for \$10. The manager told me that I was lucky they charged \$35 because they could have charged me more. All the time I

checked on the car no one was working on it at all. I feel they fraudulently charged me one hour of labor and I had my own part.

Name withheld

After trying to remove a badly rusted and bent shock himself, this customer asked Mr. Frank Gonzalez, Shop Foreman, Main Service Station, Presidio, to do the work. The shop foreman accepted the job with the understanding that the customer would be charged the regular AAFES fee of \$35 per hour, based on survey. Despite it taking a mechanic almost *two* hours to complete the job, the customer was charged only \$35.

When the customer objected to the charge, it was then that the service station manager reminded him of the rusted, bent condition of the old shock; that it took almost two hours to remove it, and that the price of \$35 was certainly more than fair.

Obviously the customer was under the impression that he would receive the "package" price we give to customers when they buy new shocks and have the service station install them. The price does not include, however, old shocks that are so corroded and frozen on that they require extra work to be removed before the new ones can be put on, nor did this customer buy under this provision.

MICHAEL J. NELSON
Exchange Manager

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Leaders of men...a tale of two commanders

by Bob Walker

Company commanders have the awesome responsibility of seeing to their unit's readiness whether it is a company of more than 500 soldiers or a small unit.

Capt. Ralph E. Saner, Jr. has been one such company commander of Headquarters Company U.S. Army Garrison (HQ's Co., USAG) for the last two years, commanding more than 600 troops.

According to Saner, a company commander sees to the training, discipline, welfare and morale support needs of the soldiers he leads. They participate in holiday ceremonies and observances, marksmanship competitions, this year's Olympic Torch relay, blood drives and the annual Bay to Breakers run.

A former company commander, Lt. Col. John Kamenar is currently plans and operations officer at the staff medical operations office at Sixth US Army. Kamenar has been a company commander twice, once as a captain with Headquarters, A Company, 47th Medical Battalion, 1st Armored in Germany and once as a major at Fort Knox, Kentucky in the 431st Medical Detachment (Helicopter Ambulance).

"A company commander should be somebody who will listen to the soldier and then take action. When a soldier discusses a problem with his commander, the soldier should be allowed to set the priority of his problem. The

CO doesn't know how the problem may affect the individual. I ask, "How soon do you want the problem resolved? Soldiers have to be happy or their work won't get done well. If the work environment is good, the troops will give a full day's work. The most important person isn't the CO — everyone is equally important, as everyone is an expert in their own area," Kamenar said.

Kamenar added, "The soldiers' education is more important than their job, as they will be better in their work with more education. Every little bit of education enhances the soldier's promotion potential. Soldiers should be given the latitude to learn; people learn only through mistakes. If soldiers aren't given the opportunity to learn their own limitations, they can't set out to overcome them."

Kamenar feels that soldiers should be given a pat on the back for the good work they do. "If I don't physically say it, I forget it when evaluation time comes. That's important when report card time comes," he said.

Saner said that his experience here as a commander has given him a better perspective of how hard soldiers in combat support and combat service support units work, dealing with the duties as well as their office requirements. He spent his first five years of military service in an infantry environment before coming to Presidio.

"As company commander, I concentrated on the soldiers' physical training, common task skills and testing to see to

their military readiness," Saner said. He went on to say, "I've really enjoyed it here. I turned down Fort Bragg to come here — I knew it would be challenging and it has been. Good soldiers make it rewarding."

Saner sees from 10 to 20 soldiers a day in official capacities, usually under favorable conditions.

"A commander has to see into a soldier and identify those with potential and help bring it out. Those who want to become a commander should seek it," he said.

Saner will be leaving Presidio soon, but he has the following advice for new company commanders:

"Always understand that you are the commander. *Accept responsibility* for both the good and the bad when they come.

"Continue to *train* the soldiers, that they might be physically fit, proficient as a soldier and in their specific specialties.

"*Care* about the soldiers. Remember that privates give the commander his job. Work to support them. A commander is never more important than the lowest ranking soldier in the unit.

"Always keep a sense of humor."

Kamenar seems to agree with Saner's approach, adding, "To be a good CO, I make sure the soldiers know the requirements of the job before they leave my office. If they misunderstand, it's my fault, not theirs. I give the soldiers

100 percent support and they give me back 100 percent or more."

According to Kamenar, a good CO listens to suggestions. "If my ideas don't work, I'll try theirs. If their work three times, I'll throw mine away and use theirs. Commanding is the greatest experience in the world," he said.

But what's the most difficult part of being a company commander?

Kamenar says, "To have some young soldier with a problem that I don't know the answer to or can't handle expeditiously is the most difficult thing. Some soldiers have problems that I can't help resolve professionally or personally."

But how do the troops feel about this approach?

Sp5 Juan Reyes who works for Kamenar as an administrative specialist said, "This is the first time I feel that I have had a good boss. He's fair and he and he cares. He's the type of person who will back you up with support and help. He gives you the freedom to do independent work. He gives you the chance to express your thoughts on how to do things — something that normally the lower (enlisted) people at the bottom of the ladder don't get the opportunity to do. He's a very interesting person."

Saner and Kamenar each seem to possess the knowledge and ability, gained through years of experience, to be that elusive creature — a really good company commander.

To paraphrase Mae West, a good company commander is hard to find.

Reenlistment program captures FORSCOM award

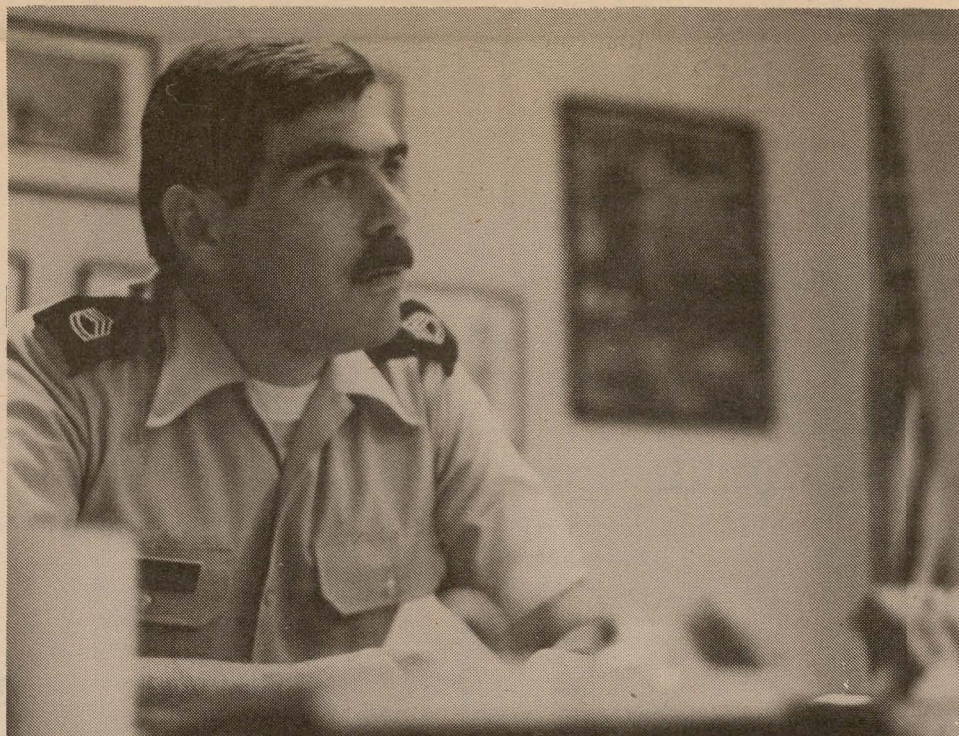


photo by Liz Greeley

SFC Mudry recommends visiting the Community Reenlistment Center eight months to a year before ETS.

by Liz Greeley

Presidio's reenlistment program is a success — and it is expanding. In February, Presidio's program ranked second in reenlistment of all FORSCOM (Forces Command) units.

On April 27, Lt. Col. Richard Gordon, FORSCOM Retention Officer, personally presented Col. Eugene D. Hawkins, the post commander, with the FORSCOM Commander's Reenlistment Award for 1983. Only units which exceed reenlistment goals in every category receive this award.

As would seem fitting, the award was presented at the dedication ceremony of the new Community Reenlistment Center, a major component of the program's expansion.

SFC Nicholas Mudry, post reenlistment NCO, said that the new location has already helped a great deal.

"We have more soldiers who know where the reenlistment center is — it's more visible to soldiers here. We even have civilians come here who want to find out about joining the Army," Mudry said. "Just the accessibility of

the building has helped the program a lot."

According to Mudry, not only is it important for the reenlistment center to be accessible, but away from distractions as well.

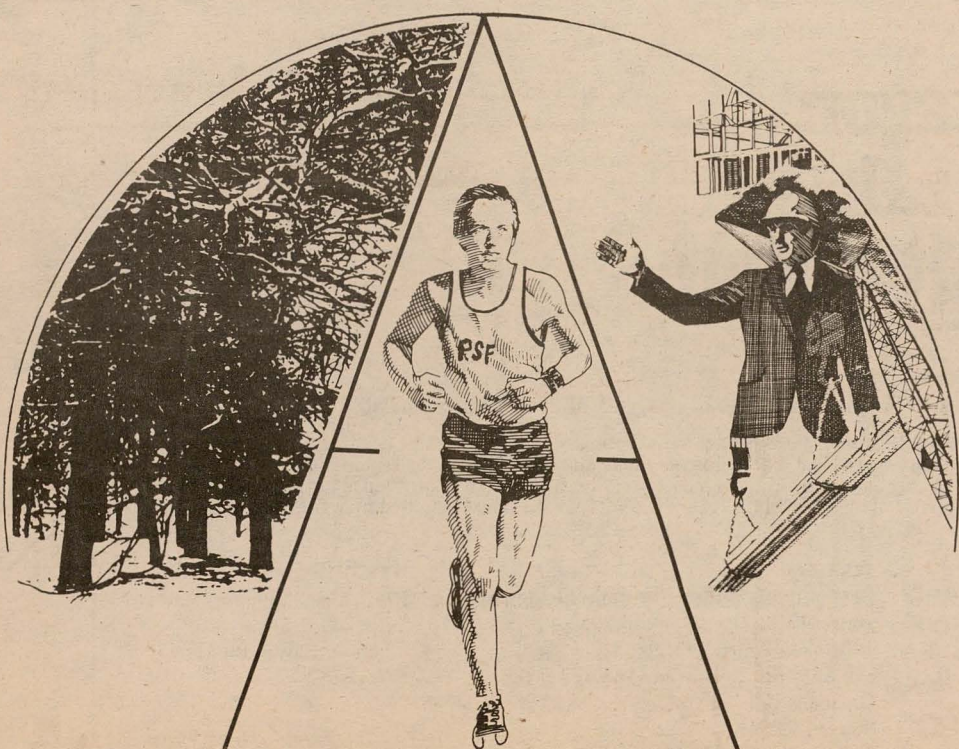
"During any interview, when you put the person in a very relaxed mood, you're more apt to get to the truth of what they want out of the Army. With this semi-private area, we all can talk in here — and think," he said.

For in-service recruiting, the program now includes a weekly visit from MSgt. William Burton. Burton comes over from the Separation Transfer Point, Oakland Army Base, every Wednesday to talk to soldiers who are leaving the Army (ETS'ing), but who are interested in joining the Guard and Reserves, according to Mudry.

Another change is the addition of a second reenlistment NCO, SFC Gerald J. Gallegos, with a third NCO authorized and due on board soon.

Overall, in the case of Presidio's reenlistment program, the old adage seems to be true:

Nothing succeeds like success.



Year of Action goals met

The "Year of Action" is a Presidio program which serves as a rallying point like the Army's "Be all you can be" slogan.

During the Executive Off-site Conference in Reno, Nev., missions, goals and objectives were set for the Presidio, with directorates forming their own goals. When goals are met, they will be listed in the *Star Presidian* as "Year of Action" achievements.

Here are some "Year of Action" goals achieved in May:

- Cable TV program for Presidio proper (not including Forts Baker, Mason, etc.) completed — **DCE (Communications-Electronics)**
- Received approval for computer system — **EEO**
- Began upgrading office machines and furniture — **DIO**

• Five-year automation plan drafted and under review — **AMO**

• Computer LAN (Local Area Network) installed for: DPCA, DPTSEC, CPO, Finance, Comptroller and the Inspector General — **AMO**

• Reached 400% of in-service recruiting goal for National Guard and Army Reserves. (In-service recruiting is enlisting soldiers in the Guard and Reserve as they are about to separate from the Army) — **Adjutant**

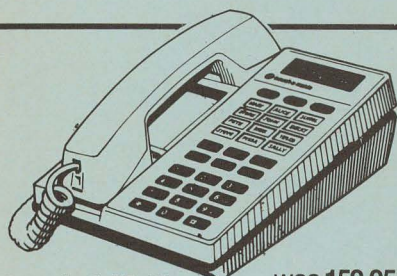
• Received authorization for three reenlistment NCO's and a secretary. Currently, two reenlistment NCO's and the secretary are on board — **Adjutant**

These aren't all the accomplishments for May, just a few highlights.

At the beginning of each month a new list of achievements will be published in the *Star Presidian*.

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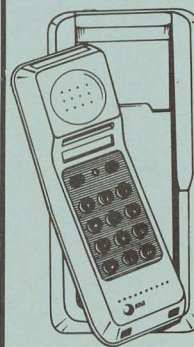


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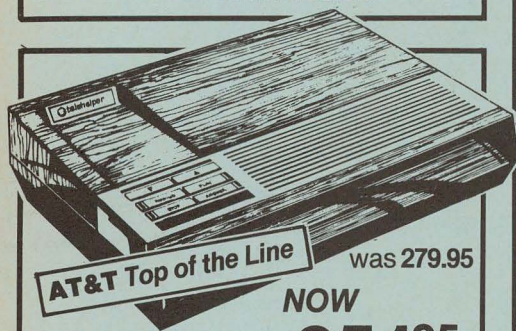
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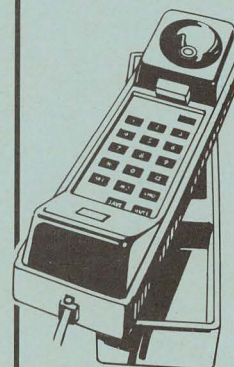
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PSF civilians study, lecture about animals

by Bob Walker

At least two Presidians are among the ranks of those who graduated from this year's zoo docent (lecturer) training program at the San Francisco Zoo.

Henrietta Wiley who works at DLI as an administrative officer and Marty Langford who works here as a management assistant for the comptroller both went through a 14-week training program to learn about zoo animals.

They are now weekend zoo docents, where they tell about the animals in detail, their natural habitat, eating habits and all about their background.

Wiley and Langford were among 80 people who graduated from docent training this year, showing their interest and dedication to learning all that they could, that others might gain a greater appreciation and knowledge of animals.

They both said they became docents out of their love for animals and for the enjoyment of being around people. It is a volunteer program so they receive no pay for the time that they spend at the zoo.

A zoo docent doesn't need a background with animals to sign up for the course, just an interest in animals. Docents are required to participate in at least two educational activities a month, which amounts to at least four hours a month at the zoo. According to Brandy Pound, education director of the San Francisco Zoo Society, docents commit themselves to one year of service to educational activities as a tour guide for the zoo, the Children's Zoo or

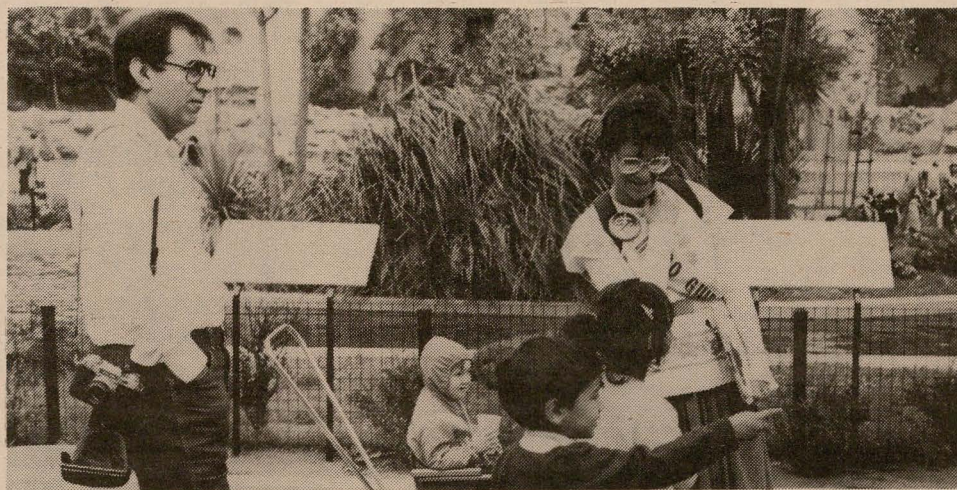


photo by Bob Walker

Henrietta Wiley listens carefully to children's questions as part of the "Ask Me" program.

the "Ask Me" program, where volunteers give answers to the people's questions while stationed in a specified area.

After completing their year as zoo docents, Wiley and Langford could become involved in other zoo programs. One such program is the Zoomobile which goes to schools with animals. The program teaches children about animals — giving them an appreciation of animals and wildlife conservation. There are six programs within the Zoomobile program. Children may be taught about animal adaptations, reptiles, birds, wolves (myth and legend), "Trails and Tails" (birds, mammals, reptiles and amphibians of the Bay Area) and "A Natural Balance" (man's role in natural balance including information about

endangered species). The Zoomobile is a living experience that can have a greater impact in children's minds than just reading about animals.

Pound said, "I think it's really amazing and gratifying that docents take time in addition to their already extensive work schedules to volunteer to do docent work. Many do more tours than the required two. It shows the community interest and concern with wildlife issues. You can't get a real sense of what it's like to be a docent until you get out there and see how excited people get doing it. There's no way the zoo could operate without docents. We have 220 adult docent and 100 junior (12 to 16-year-old) volunteers. Docents come from the entire Bay Area and from as far away as Santa Cruz and Novato."

Wiley became interested in the docent program after seeing an article in the *San Francisco Chronicle*. She said, "It sounded interesting and like lots of fun. You can watch the animals. There's lots of people adding to the atmosphere with the excitement of people enjoying themselves. Each animal has its own mind-boggling information — bears, for instance, with their hibernation. It's fun being a docent — everyone is in a good mood. A docent is like a traffic guide too; you wear a big zoo guide banner. Sometimes you are asked scientific questions which is challenging. The hippo just had a baby — there's always something new and exciting."

Langford responded to the zoo's quest for more docents after seeing an article in the *Star Presidian*. She said, "I have no background with animals. I love going to the zoo, so I thought it would be a lot of fun. I have a great respect for the animals; I hope to make people aware of their needs. The docent classes I took covered biology, environment, and evolution — things I took for granted and have now developed an appreciation for."

Docent training is done only once a year. If you have an interest in becoming a docent, start looking ahead to January 1985 when the next group of docents will begin their training.

Pound summed up his impression of the zoo experience by saying, "People and animals are a magic combination."

To share in that magic, go to the zoo. It's open every day of the year from 10 a.m. to 5 p.m.

Ultra VEAP transforms into the Army College Fund

by Jeane Redsecker

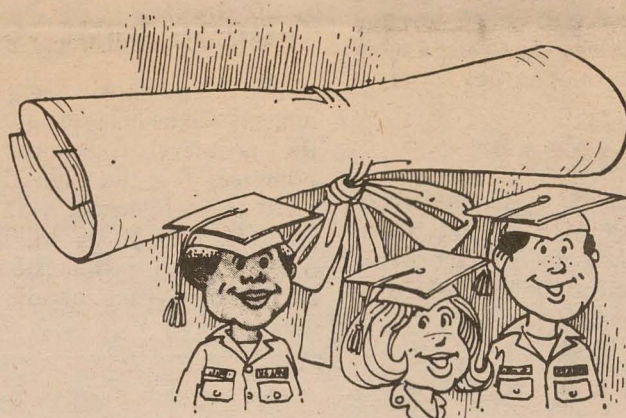
Ultra VEAP was the title of an educational benefit plan available nationwide from October 1, 1981 through September 30, 1982. Soldiers must have enlisted in designated MOS's (there are 62 of them) and be a non-prior service enlistee with a high school diploma and an Armed Forces Qualification Test (AFQT) score of 50 or above. Soldiers must contribute to Basic VEAP to be eligible for the Ultra VEAP "Kicker" of \$8,000 for a two-year enlistment or \$12,000 for a three or four-year enlistment. Beginning October 1, 1982, the same benefit program was named the Army College Fund. Although the designated MOS's change periodically to meet the Army's needs, the qualifications and procedures involved remain the same today.

Enrollment

Soldier contributions may be made through Finance by allotment of \$25 to \$100 per month or in a lump sum by cashier's check (at least 60 days prior to ETS is recommended). The maximum amount which can be contributed by a soldier during a two-year enlistment is \$2,400; the maximum during a three or four-year enlistment if \$2,700.

Time limit

Benefits may be used within 10 years of separation, which must be under honorable conditions.



Authorized programs

VEAP or Army College Fund benefits may be used for any VA-approved education program such as high school completion, college degrees, and correspondence courses.

Benefit payments

The amount paid per month while pursuing an education program depends on the status of the student (active duty or veteran), and the enrolled courseload. For example, a soldier who contributed \$100 per month for each of the 24 months of his enlistment and attends school as a veteran on a fulltime basis (normally

four courses per semester) would be paid \$633.33 per month (soldier contribution of \$2,400 plus \$4,800 matching funds and \$8,000 kicker, for a total of \$15,200 divided by 24 months). A soldier on a three-year enlistment might want to contribute his \$2,700 as \$75 a month for 36 months and receive \$558.33 per month for 36 months, or contribute \$100 for 27 months and receive \$744.44 a month for 27 months.

A soldier may use the benefits while on active duty after the first enlistment. In this case, the payment is based on the cost of tuition and fees. For example, an active duty soldier who pays \$50 to attend City College of San Francisco full time during the Fall 1984 semester will receive one payment of \$50 and will use approximately four months of benefits.

Applying

VA Form 22-8821, Application for Education Assistance, is available at Army Education Centers and VA offices. Active duty soldiers must obtain the signature of an Education Center counselor before submitting the form to a school for certification.

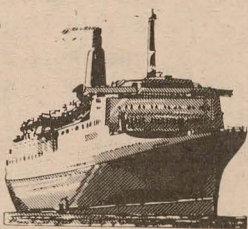
This is the final article in a series about educational benefits. Soldiers are invited to discuss their individual cases with a counselor at the LAMC Education Center, bldg. 1007 (561-4030) or at Ft. Scott, bldg. 1216 (561-2974).

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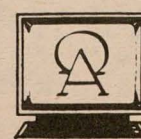
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Community Calendar

Voting Seminar

A voting seminar will be held at 10 a.m. on June 18, in the Audiovisual Service Center auditorium, Bldg. 603. The latest absentee voting information will be presented and additional copies of DOD and DA voting materials will be available. Unit voting officers under command and control of Headquarters, Presidio are required to attend. Voting officers of tenant units and other active Army units supported by the Presidio are invited to attend.

Those planning to attend are requested to call the post Voting Officer to sign up at 561-2631/3206/2703.

Saturday matinees cancelled

Effective July 7, the post exchange will discontinue the theater's Saturday afternoon children's matinee due to the limited availability of "G" and suitable "PG" rated movies. A Sunday matinee showing of the movie scheduled for the evening performance will begin July 8.

Community luncheon

The Friday Community Luncheon is back in operation. It is held every Friday from 11:30-12:15 p.m. at the Religious Activities Center, bldg. 682. We will be serving soup and sandwiches. Come and share good fellowship and community news.

Arts and crafts

The Presidio Arts and Crafts Center will offer the following classes beginning in June. Please sign up for the classes in advance by calling 561-4497 or come in to the Crafts Center, Bldg. 122, corner of Lincoln and Riley.

Beginning Ceramics, June 19-July 24, Tuesdays, 9:30-12:30 p.m., and June 21-July 26, Thursdays, 6:30-9:30 p.m., two separate classes, each six weeks. The fee is \$10 plus supplies, which are available in the Crafts Center



Invasion

Carrying full equipment, American assault troops move onto Omaha Beach on the northern coast of France. Landing craft in the background jam the harbor, June 6, 1944.

US Army photo

resale store. The class will introduce slip casting, using liquid clay in commercial ceramic molds, and cover the basic use of all ceramics colorants for design and decoration. Instructor: Christy Dougherty.

Pottery Beginning and Intermediate, June 20-August 1 Wednesdays, 6:30-9:30 p.m. This class is for the beginning or intermediate student and will concentrate on making various forms from stoneware clay on the potter's wheel, plus will cover techniques of design and decoration. Fee is \$10, plus supplies, which are available in the Crafts Center resale store. Instructor: Christy Dougherty.

Ballet classes

Parents interested in having their youngsters, ages 6 and up, take ballet classes are invited to contact Mrs. Helen Piernik, telephone 994-0681, be-

tween the hours of noon and 2 p.m. weekdays. Classes are held every Monday, Tuesday, or Thursday in building 1390, behind the Ft. Scott Chapel.

Checkbook class

Checkbook management training classes are available on request from Army Community Service. Call now to schedule a class for your unit, ext. 5057/5155.

Chess tourney

The Presidio's All-Army Chess Tournament will be held on Saturday. This is the post-level tournament to select nominees for the All-Army Tournament at Fort Meade, Md., in September. This competition will be held from 9 a.m. to 5 p.m. Interested players are asked to register at the Recreation

Center. For more information, call ext. 2000 after 2 p.m. daily.

Hours of operation are: Sunday through Thursday and holidays, open 2 to 9 p.m.; Friday and Saturday, open 2 to 10 p.m.

Red Cross

Do you care to give a few hours of your time to do Red Cross volunteering? An act of giving brings quality to living. Please call Erika Toon at LAMC, 561-2180/2187.

Youth volunteers have great fun! It's a great experience and you will receive social service requirement credits. Please call Angie Mitchell at 561-2180/2187.

Chapel concert

The Fort Scott Chapel will host Dan Whittemore in a contemporary Christian Concert, 7 p.m. Sunday, June 10. Mr. Whittemore is a former Folk-rock songwriter who turned his talents to Christian ministry after commitment to Jesus Christ as Lord and Savior.

All are invited to enjoy Dan's uplifting music styling.

Soldier fellowship

The Post Chapel is sponsoring this soldiers group at the Religious Activities Center, bldg. 682 on Sundays at 1 p.m. Our first meeting will be Sunday, June 10. We hope you will join us for music and fellowship. . .bring your musical instruments and a willing voice.

Church school

The Post Chapel's Ecumenical Vacation Church School begins June 25th! This year we will hold classes from 9:30 to 11:30 a.m. Monday, Tuesday, Thursday and Friday for three weeks. The children (ages 3-years-old through junior high school) will take part in music, arts and crafts, recreation and class work. To register, call the Religious Activities Center, bldg. 682 at ext. 3535/4440.

... the write stuff ...

by Richard Wetzel

ENGLISH LESSON #1. . .GRAB: to suddenly clutch . . .GRABBING: the art of clutching. . .UP FOR GRABS: available for anyone to take or win. . .GRAB BAG: a receptacle, such as a bag or box, containing small articles which are to be drawn without being seen . . .THE GRAB BAG STUFF: a newspaper article, containing local events, places to go and things to do, both educating and entertaining, designed for folks with spare time on their hands. . .put together by one (in the words of my editor) deranged individual. . . Here's for the grabbing!!!!!!

WANTED: Bellies! Lots of 'em and preferably alive. . .Has anyone ever told you that you have a nice looking belly? (Well, . . .I've never!) Would you say your belly button is unusual or unique? . . .Without knowing it, you may be a prime candidate for a belly dancer. Middle Eastern Belly Dancing classes are now being formed at the Sunset Recreation Center, 28th Ave. and Lawton Street. A beginners through intermediate class is set to begin June 25, for 10 weeks at a cost of \$30. . .If you think you're too young to belly dance, too young to have a nice looking belly, or at least too young to know it, you might be old enough for other hidden talents. . .Auditions for a Young People's Musical Comedy Theatre Company will be held Monday at the West Sunset Playground, 39th Ave.

and Ortega Street. Anyone between the years of 9-18 years-old are invited to try out. . .participants should be ready to sing, dance, or read lines from a script. Auditions are held from 3:30 to 5 p.m. . .call 558-4268 for details. . .

The Presidio Recreation Center is offering the following tours for the month of June. . .WINE TOUR: Saturday, \$5. . .SAN FRANCISCO FAIR, June 16, \$1 plus entry fee. . .CHINATOWN SHOWCASE, June 23, \$13. . .FREEDOMDAY PARADE, June 24, \$3. . .and LASERIUM, June 30, \$5. . .transportation is provided on all tours, check with the Rec Center for sign-up and departing times. . .An Old Fashioned Ice Scream Social will take place Sunday, June 17 (Father's Day) at the Rec Center. . .cost is 50¢.

MUSICAL SNUFF. . .returns this week with the "N" back in place instead of last week's dreadful, misguided "T". . .(i.e. Musical sTuff). . .Easy come, easy go. . .A group calling themselves Kathy and the Lawnmowers, rented a recording studio to tape some music (???) without any of the band members ever having previously met. As the story goes, each member wore a mask to the recording session, further hiding their identity from each other until the work was completed. . .After revealing their faces, they evidently

didn't like the looks of each other, parted and went their separate ways. . .another one bites the dust. . . Find out who the best local guitarists are at the "Guitar Grudge Match Finals" at the Keystone Club in San Francisco, Saturday evening. . .The contest, hosted by KRQR radio, starts at 9:15 p.m. doors open at 8 p.m.

Don't stop jus' coz you ain't reading it here every week. . .The San Francisco Giants are *still* playing baseball (?????????) and the weekday games are *still* free to active duty soldiers who present their ID card. . .Catch them with the Houston Astros tonight at 7:35 p.m. and tomorrow evening at 8:05. . .The Giants will be stomping out of town next week for a series of away games. . .

THE CABLE CARS ARE BACK. . .after having undergone major reconstruction, at the cost of \$58.2 million, those classic charm machines have returned to our fine city. . .the California Street line opened last week, the Powell-Hyde Street line opens Sunday, but the big hoopla will be June 21 for the formal opening celebration, when all the lines will be "OFFICIAL-LY" opened.

"Literature is an occupation in which you have to keep proving your talent to people who have none." -Jules Renard. That's why journalists are always smiling! . . .and you just thought we were all perverts.

At the movies

Presidio Theatre

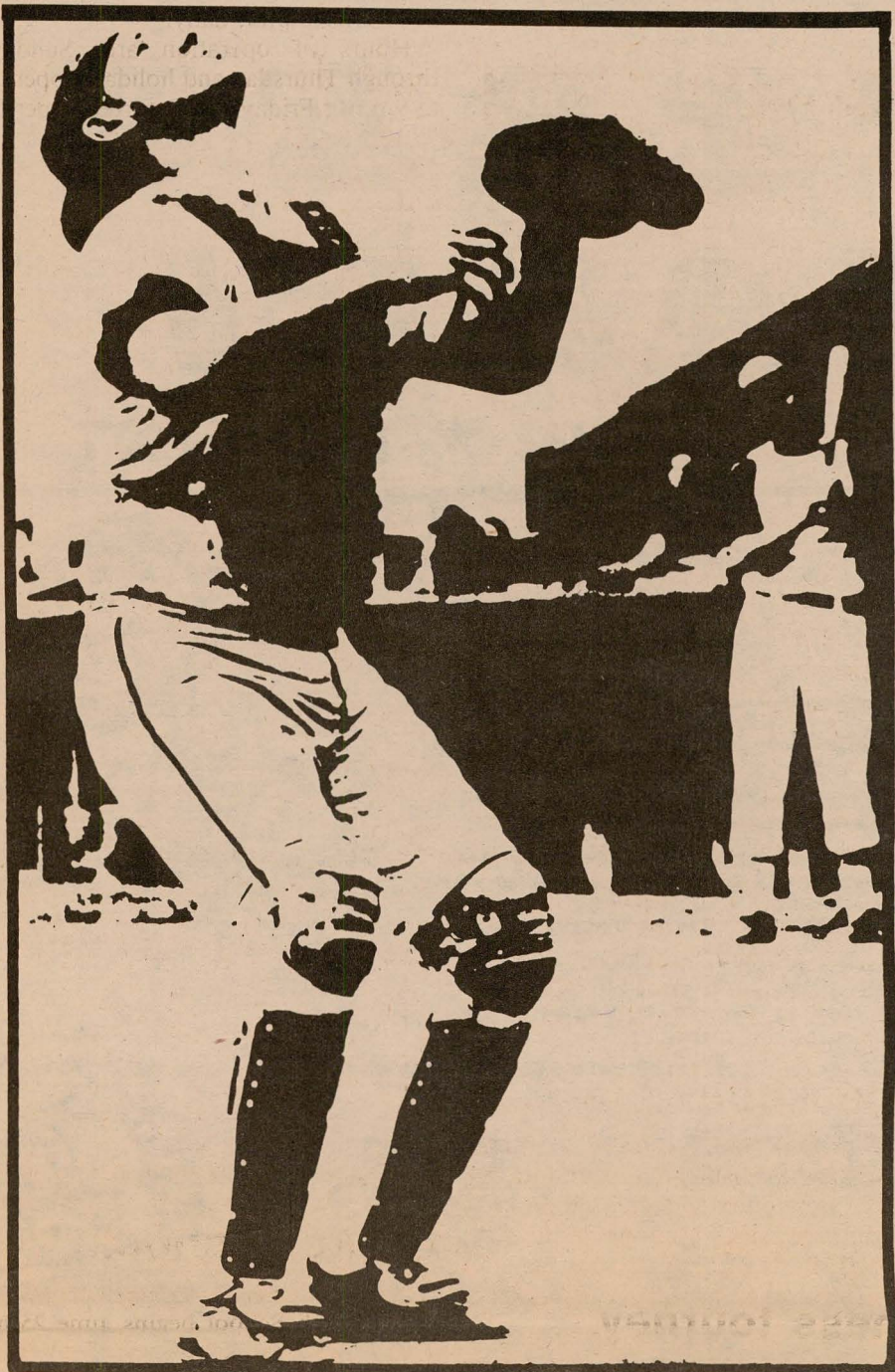
June 7	Hard to Hold (PG)	7 p.m.
June 8	Hard to Hold (PG)	7 p.m.
June 9	Splash (PG)	2 p.m.
June 9	Splash (PG)	7 p.m.
June 10	Splash (PG)	7 p.m.
June 11	Splash (PG)	7 p.m.
June 12	Hard Bodies (R)	7 p.m.
June 13	Hard Bodies (R)	7 p.m.

Schwartz Theatre

June 7	Uncommon Valor (R)	7 p.m.
June 11	Hard to Hold (PG)	7 p.m.
June 13	Splash (PG)	7 p.m.

Presidian Review: In *Hard to Hold*, a mega-successful rock star in San Francisco falls in love with the one woman who isn't one of his fans.

Sports



Softball team standings

Team	Win	Loss
A Team	5	0
6th Army	4	0
OARB	3	0
USAG	4	1
Co. G, DLI	4	1
LAMC No. 2	3	1
FBI	3	1
Attorneys	2	1
Doctors +	3	2
DEH	3	2
MSC	2	2
Red Cross	2	2
USACC	1	2
6th Army Band	1	3
LEC	1	3
Co. H, DLI	1	3

Softball game schedule:

For those of you who would like to support your favorite softball team, the schedule is as follows:

Time
5 p.m. A Team
6:15 p.m. Vigilantes
7:30 p.m. FBI

Time
5 p.m. 6th Army Band
6:15 p.m. 4 Seasons
7:30 p.m. Attorneys

Time
5 p.m. DEH
6:15 p.m. 4 Seasons
7:30 p.m. Co. G, DLI

Time
5 p.m. Co. H, DLI
6:15 p.m. LEC
7:30 p.m. USACC

Time
5 p.m. Band
6:16 p.m. Doctors +
7:30 p.m. 4 Seasons

Time **Ft. Scott Field No. 2**
5 p.m. DEH
*6:15 p.m. FBI
*7:30 p.m. Co. G, DLI
*Games of the week

Time
5 p.m. A Team
6:15 p.m. Doctors +
7:30 p.m. Vigilantes

Time
5 p.m. Co. H., DLI
6:15 p.m. INSCOM
7:30 p.m. Co. G, DLI

Ft. Scott Field No. 1 **Date**
vs. LEC Monday
vs. LAIR No. 1 Monday
vs. LAMC No. 2 Monday

Ft. Scott Field No. 2 **Date**
vs. OARB Monday
vs. 864th Monday
vs. DEH Monday

Ft. Scott No. 1 **Date**
vs. USAG Tuesday
vs. Red Cross Tuesday
vs. 864th Tuesday

Ft. Scott Field No. 2 **Date**
vs. LAMC No. 2 Tuesday
vs. LAIR No. 2 Tuesday
vs. MSC Tuesday

Ft. Scott Field No. 1 **Date**
vs. LAIR No. 1 Wednesday
vs. 864th Wednesday
vs. LAIR No. 2 Wednesday

Date
vs. LAMC No. 2 Wednesday
vs. 6th Army Wednesday
vs. Red Cross Wednesday

Ft. Scott Field No. 1 **Date**
vs. 864th June 14
vs. LEC June 14
vs. USACC June 14

Ft. Scott No. 2 **Date**
vs. 6th Army June 14
vs. MSC June 14
vs. LAIR No. 2 June 14

Hanover Corporate Challenge road race

The Manufacturers Hanover Corporate Challenge, a 3.5 mile road race is open to all full time employees of the Presidio of San Francisco.

The race will be held on Wednesday, June 27, at 6:30 p.m., starting at the foot of Market Street in San Francisco. Competition will be in Men's, Women's and co-ed teams.

Potential team members' time standard for the Presidio team is as follows:

- Men — 6:00 minutes per mile
- Women — 7:00 minutes per mile

Sign-ups will be at Post Gym No. 1, bldg. 63. For more informatin, call Bob Darling at ext. 4120/5032.

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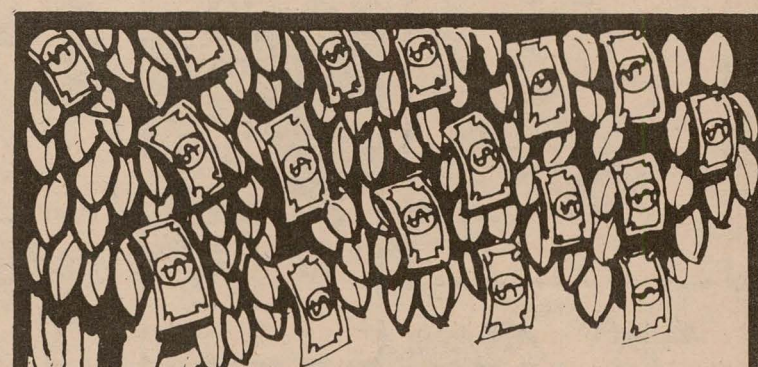
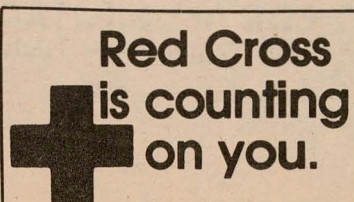
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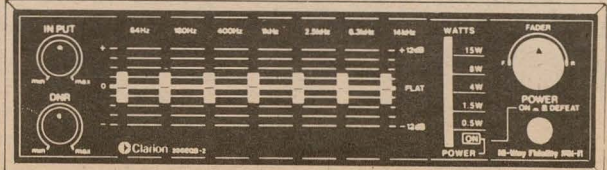
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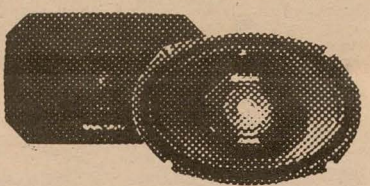


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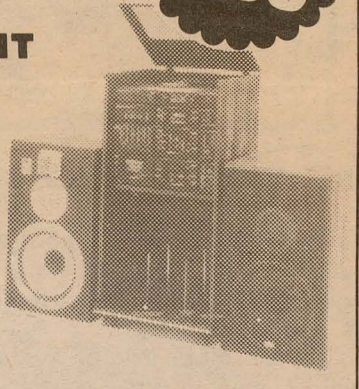


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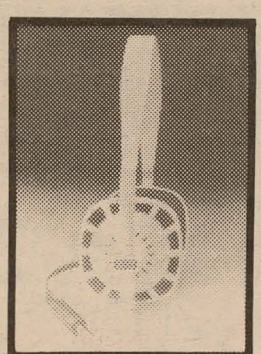
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**Soldier of the Year: he
did it the *old-fashioned* way/
page 4**

**...the write stuff...
spotlight on dancing/page 6**

**Sports: Interservice
track and field
results/page 8**



Star Presidian

Vol. 27, No. 23

"Published in the interest of the people of the Presidio of San Francisco."

June 14, 1984

News briefs

San Francisco Fair

The annual San Francisco Fair and Exposition will be held this week, today through Sunday. Nearly 100,000 visitors are expected at Fort Mason Center, where the Fair will be located. Hundreds of booths for arts and crafts, food and entertainment will be manned. Stretching along Marina Green will be various competitions, such as a "Fog Calling Contest," "The Impossible Parking Space Race" and kite-flying exhibitions. On GGNRA's (Golden Gate National Recreation Area) Crissy Field Promenade area will be a carnival. Starting at noon today, the Fair will be open until 10 p.m. each day through Sunday. Tickets are \$4.50 for adults, \$3.50 for seniors and children 5-12, with children under 5 free.

Because of the traffic expected for this event (with much of the parking being done in the Crissy Field area), driving or parking near Mason Street this weekend should be minimized, or avoided, if possible.

6th Army CSM retires

A special retirement ceremony is scheduled for today at 3:45 p.m. at the Main Parade Field for CSM Harris Parker, Sixth U.S. Army command sergeant major.

Inspection team

A Real Property Inspection Team is currently inspecting all Presidio properties. The team includes:

Mark Eilbert, Engineer
Richard Camerd, Carpenter Leader
Ken Morrissey, Planner Estimator
Oscar Castenada, Electrician

All quarters and building occupants are asked to give their full cooperation to the inspection team.

DEH is conducting the survey/inspection required by Army Regulation. For more information, call 561-4092 and ask for Mr. Gallagher.

DEERS enrollment

On July 16 CHAMPUS will begin denying claims if family members are not enrolled in DEERS (although *no one* will be denied emergency medical care). On October 1, family members not on the DEERS rolls will also be denied non-emergency medical *care* at health treatment facilities. The CHAMPUS policy will be phased-in nationwide over a six month period beginning July 16.

The DEERS Support Office will be conducting a mail campaign to assist retirees with the enrollment process. This mail-out will contain information on the retired members' family that is currently in DEERS. Included in this packet will be instructions on how to add eligible family members or change existing information.

In order to enroll family members, sponsors must complete an ID Card application form (DD Form 1172) and list the information contained on the family member identification card on the application. Applications may be submitted through the ID Card Section, COMPACT, bldg. 87, weekdays between 8 a.m. and 3:30 p.m.

For more information, call 561-3737.



photo by Gilbert Garza

The 864th Engineers unload their gear on their return from Panama Saturday evening.

Manager wins Hall of Fame award

by Bob Walker

The most prestigious award that can be won by an installation club manager among all the services, both here and abroad, is the Military Club Management Hall of Fame Award.

Donald Herington, installation club manager of the Presidio club system won the 1984 award which was presented on May 17 in Chicago.

Herington has over 37 years of experience in Army food and beverage service. Of these years, 16 have been in club management. He has won eight separate Department of the Army Commendation Awards for his performance as the installation club manager here and, in 1980, he was the first Presidio employee to win Federal Employee of the Year, Management Category.

According to Donald Adams, club manager of the Officer's Club, Herington has many talents and accomplishments which resulted in his receiving the award this year.

He has instituted numerous financial and operational management techniques such as cost and quality control and marking — all of which has contributed to his success.

For example, when he renovated the main club and an annex in 1968, he had to borrow money for the project. He paid it back only six months later.

A few years later, after increasing membership, over \$300,000 was saved, resulting in approval for a \$1.2 million club expansion project, which included adding a Grand Ballroom with kitchen facilities and an upstairs bar and cocktail lounge overlooking the bay. On March 1, after 10 years, the final payment on the \$800,000 loan was made.

One testament to Herington's ability lies in the club's employee retention record. Club employee turnover ranges from five to 30 years.

Another indication of his skill is the fact that he was elected president of the International Military Club Executive Association from 1981 to 1982 and of the Northern California Military Club Managers Association from 1975 to 1976.

One reason he has been so effective may be that he has served in nearly every category of club membership that he now serves. He has served as an enlisted man, an NCO, a senior NCO, a company and field grade officer, reservist, retired officer and *now* as a Federal employee.

Herington has expanded the Presidio club system by upgrading the main enlisted club and adding three annexes. He oversees the Officer's Club, the main NCO Club and the annexes at Ft. Scott, DLI and Camp Parks as well as the Package Beverage Store.

Floyd Terry, the assistant installation club manager said that Herington "is a very likeable person and he is very conscientious and industrious. He has sailed through IG's and auditing while here."

He has three primary goals for the next year as the installation club manager:

First, he plans to enclose the attic terrace at the Officer's Club.

Second, he plans to move the Package Beverage Store to the Post Exchange (PX) area for better service and convenience.

Third, he plans to complete the NCO Club project by finishing the ballroom, which includes adding new carpeting and drapes. The main idea is to make the NCO Club comparable to the Officer's Club.

But Herington gives a lot of the credit to his co-workers. "I wouldn't have won the Military Club Hall of Fame Award without my employees. They are what makes the club system what it is, serving over 1,000 people every day," he said.

"We want to serve *all* the people," he said.



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Opinions

TAKE A BITE OUT OF CRIME

With summer at hand, it's the season for automotive con men — mechanics who have one hand gripping a wrench and the other dipping into someone's wallet.

Some slash tires, others paint old parts to look like new and still more squirt fluid on shock absorbers then tell the motorist they are leaking.

Consumer agencies stress that, while most mechanics are honest, drivers hitting the road in what could be a record summer travel season should be on the lookout for flimflam artists.

Some predicted trouble spots: Interstate 95 from the Northeast to Florida, Interstate 75 from the Midwest to Florida, Interstate 40 from Oklahoma to California, and remote desert spots traveled by tourists.

Attendants at remote service stations often warn that tires are ready to fail, pointing to a surface cut or

natural bulge that really isn't dangerous.

Another gimmick: Clean up or paint an old part and claim it's a replacement part.

More tricks:

- Barbecue sauce is poured on an alternator to cause a burning smell.

- A seltzer tablet is dropped into battery fluid to make it foam.

- The fan belt is cut by a blade while the attendant checks under the hood.

Customers often get cheated as well when they are billed. A gas-station attendant may take the credit card into the office and run off two receipts, one a phony that is filled in *after* the customer leaves.

What to do:

- Give the mechanic the fact about what is wrong with the car — not a diagnosis of what to do. "Describe what is happening — don't say that the carburetor needs to be replaced," says Gloria Kirnasiewicz of the Fairfax County, Va., Department of Consumer Affairs.

- At an unfamiliar gas station, stay with the car and watch every move the attendant makes.

- Get a written estimate, then asked to be called if the bill will be much higher. Avoid "5 o'clock surprise."

- Consider a second or third opinion if your car is not disabled.

- Check the Better Business Bureau or a local consumer affairs agency to learn the complaint history of a shop or mechanic.

- To help ensure that new parts are actually installed as promised, as to be given the ones that were replaced.

- Have the car checked before going on a long trip — the fan belt, air-conditioning system, tire treads, levels of fluids.

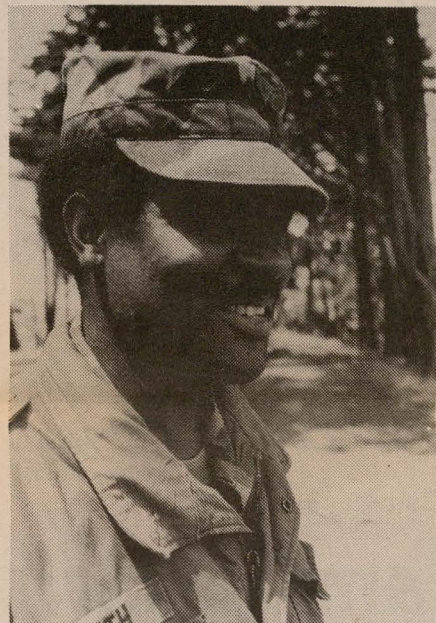
Auto experts say that the best way to avoid miscommunication or fraud is to handle as much of the work as possible yourself. The more you know about how your car works, says Dan Hopkins of the Rocky Mountain AAA Auto Club, the less you are at the mercy of someone else.

Crime Report:

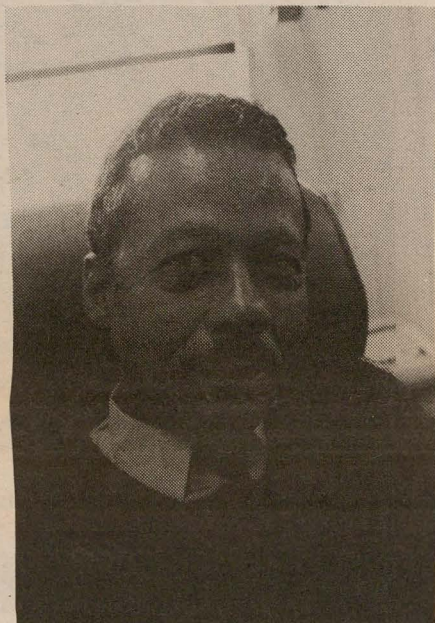
During the last two weeks there has been a rash of 10-speed bike thefts on post.

Ramblin' Sam

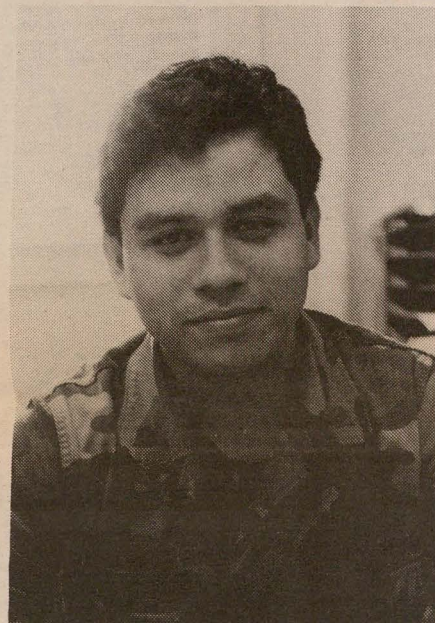
"If you could offer an 18-year-old going out into the world just *one* piece of advice, what would it be?"



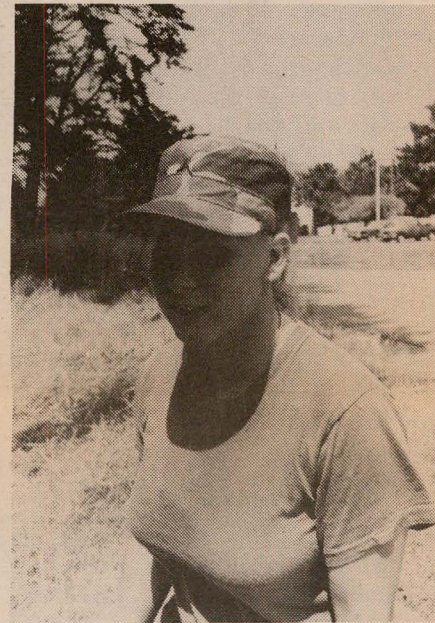
Sp5 Alfredo Smith, postal clerk, 16th AG, "Be all you can be, join the Army."



Sgt. Maj. Doyle E. Brown, Sr. sergeant major, Staff Medical Advisors Office, 6th Army, "Join one of the services — the Army, Navy, Marines, Air Force or Coast Guard. They help a man or a woman to mature."



Sp5 Juan Reyes, administrative specialist, Staff Medical Advisors Office, 6th Army, "An 18-year-old should first look at their own life and what's going to make them happy and go on from there. It may not be something that will make them wealthy, but the main thing is to be satisfied with one's self."



Pvt 2 Donna Hammon, postal clerk, 16th AG, "Make sure you have determined your guidelines or goals; that's what I've done. There are so many who don't know what they want to do with their life."

Actionline

I am calling concerning a complaint about LAMC. My son who has had cerebral palsy for the last thirteen years has been cared for by the Army as far as crutches. We recently tried to get some crutches and the staff at LAMC is telling me we can't get any crutches and we have to buy them on our own. I would like to know why the Army is unable to support me and my dependents.

Name Withheld

The Army does support the medical equipment needs of individuals eligible for military health care benefits. However, because of the high cost of medical equipment, Army hospitals are not authorized funds to purchase equipment to give to patients. Each hospital commander, though, is given the prerogative

to decide whether equipment already on hand may be temporarily loaned. It is the Health Services Command policy to loan such equipment only for a specific short-term period. Letterman, for example, loans crutches to people who have short-term requirements for them due to temporary conditions.

The loan program does not cover people with permanent disabilities such as cerebral palsy. Permanently-disabled individuals may use CHAMPUS, which is funded by the government, to defray the cost of buying crutches. The percentage of the bill paid by the government is determined by the status of the sponsor. program, you can contact the Presidio's CHAMPUS advisor at 561-4923.

Ann K. Canham
LAMC Public Affairs Officer

I have a question considering the facilities' usefulness to us — why the gasoline prices are not more competitive with civilian stations. They are the same or at the most one cent under. They don't have the profit motive. They don't have the rental costs to the extent the civilian stations do.

Name Withheld

Gasoline prices are determined weekly as the result of surveying the prices, full service and self-service, of the 20 nearest gasoline stations to the installation. The prices are established to meet the lowest survey price or at one cent below, not to exceed the AAFES cost price.

Michael J. Nelson
Exchange Manager

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Soldier wins \$1,500

by Bob Walker

The Presidio Soldier of the Year has been chosen from two soldiers competing for the award.

Sp5 John K. Donohue outscored Sp4 Lennox Alfred of the 504th MP Battalion. Donohue is the explosive ordnance disposal sergeant with the 548th EODDC.

Donohue said, "I was probably surprised more than anything else. I felt I did well, but I had no idea how well anyone else did."

"I probably won because I've worked so much with the ARTEP (Army Training and Evaluation Program), evaluating others on common task skills. I had to know the tasks or I would lose my credibility as an evaluator."

"I did a lot of cramming for the board. I had a good background as a training NCO. The cramming cleared up items I wasn't involved with directly. I've never competed for Soldier of the Month; I expected a lot of competition from Soldier of the Month winners from the last 12 months."

Donohue received an ARCOM (Army Commendation Medal) for earning the award and chose the \$1,500 savings bond over a trip to Hawaii. He said that it would come in handy when the kids continue their education.

When asked about his hobbies, Donohue replied, "My kids are my hobby. My wife is going to college full-time and my job takes me away from home a lot. I spend my spare time at home, getting involved with their schooling whenever possible."

Donohue's goals include moving up in rank, seeking all the experience and responsibility he can. He also wants to get his four-year degree, but he hasn't decided on his major as yet.

Donohue said he decided on his military occupational specialty (explosive ordnance disposal) because it "seemed a bit more challenging" than others he has had in the past. And he said he chose it because it will help him be better prepared to survive under any conditions.

MSgt. Charles Irland, operations sergeant at the 548th EODDC said, "Donohue's winning Soldier of the Year shows what kind of a person he is. He just up and asked me one day if he could volunteer to go before the board for the award. He wants to go places in the Army. He realizes he has to perform well. He's conscientious — when you give him a job, you don't have to check up on him, he does it. He's a professional."

SFC Samuel Schooler, the assistant operations sergeant said, "Donohue

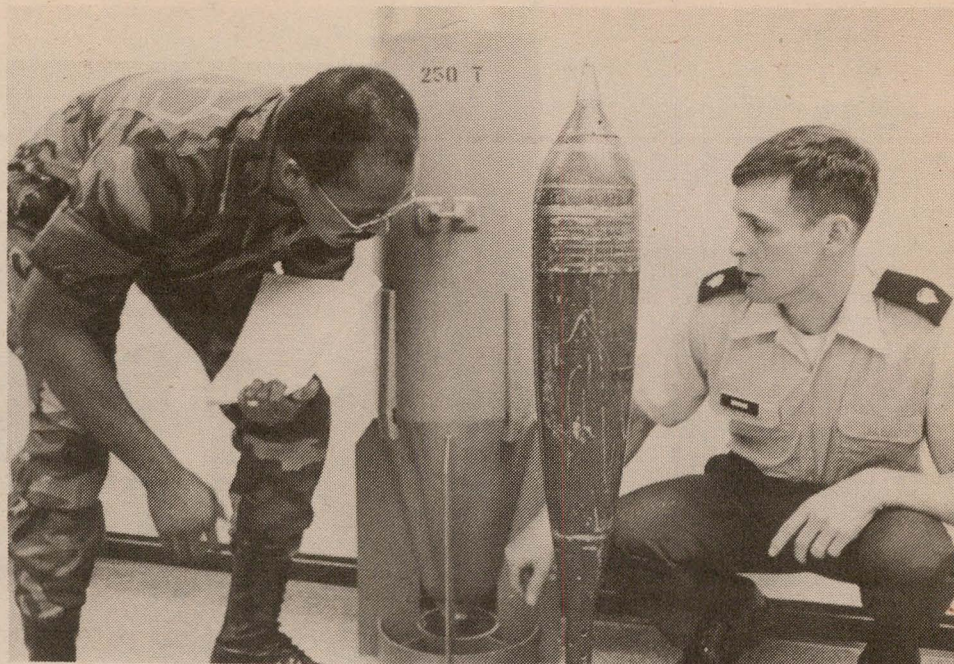


photo by Bob Walker

Conohue (right) discusses the 180mm mortar shell with Sp5 Reuben Pringle.

spent almost a month and most of his Christmas vacation, formulating a plan for the ARTEP program. Due to the small group here, he does a lot of things often done by officers elsewhere; he has a tremendous initiative. He does the research on how to get a job done and gets it done as quickly and efficiently as possible. He's a very honest and forthright individual. He assumes a lot of duties, even when it's not a part of his responsibility. That's what makes him a

real asset to this place. He maintains a happy disposition keeping us all up. He doesn't let things get him down."

Donohue said, "The reason I went before the Soldier of the Year board was because I have to set an example. I have to be at least as proficient as anything I ask others to do. If people see that training pays off, they will want to train more too."

And that's how Donohue earned the Soldier of the Year Award!

Army celebrates 209 years as freedom's guardian

Today the nation celebrates the Army's 209th Birthday; the Army is two years older than the nation's flag.

To answer the need for unity of effort for the long struggle ahead, the Continental Congress, then convening in Philadelphia, authorized the enlistment of ten companies of riflemen from Philadelphia, Virginia, and Maryland to join the musket-armed militiamen already engaged against the British in New England.

With that authority from Congress, the Army was formed in June 1775. This newly created Army, reinforced by volunteer militia and inspired by George Washington, was the major source of strength which enabled this nation to emerge from the War of Independence with freedom.

Like the flag, the Army, too, has changed many times. Its organization, equipment, doctrine and tactics have changed...and are still changing. But there is one aspect of the Army that has not been altered — that is the role of the Army.

In the spring of 1887, when the Constitutional Convention convened, there were two great fears in the minds of the arriving delegates. One fear concerned

a strong central government; the other a fear of a too powerful standing Army.

The delegates disposed of the first fear by working out a system of checks and balances. By embodying this system in the Constitution, they created a union of sovereign states. But the fear of a standing Army remained.

At the conclusion of the Revolution, the delegates thought that the least costly and most trustworthy Army would consist of a small military force. But trouble with Spain and England was brewing; the wishfulness of that thinking became increasingly more apparent. Once again, they turned to checks and balances.

The President was designated as Commander-in-chief of the Armed Forces, but Congress maintained control by retaining the sole power to declare war. The fear of a standing Army was not banished completely, but safeguards were established to ease that fear somewhat. This concern of raising and controlling a military force was as original as the democracy it protected.

The Army's role as a basic institution of our national life has not always been

appreciated. To understand and appreciate the role of the Army, we must ask ourselves, "what is the purpose of the Army?"

Obviously, the answer is to fight. The really basic question is, "why do we fight?" For the American response to this question we look back to our history.

The patriots who wrote our Declaration of Independence wisely observed that all men are endowed by their creator with certain inalienable rights. They went on to point out that governments have to be established to secure these rights. In other words, these rights are not assured unless there are courts and laws and government to uphold them — that is the basis of our will to fight.

We seek, first of all, to deter war and then, if deterrence fails, to win any war forced upon us without destroying the institutions of our civilization in the process. In order for deterrence to be credible, we must have a proper mix and balance of military weaponry and forces that are visible, ready and capable.

The broad Army task of land defense is prescribed in public law which says

that the Army "...shall be organized, trained and equipped primarily for prompt and sustained combat incident to operations on land."

This legal charge to the Army translates into a primary mission and a collateral mission. The Army's primary mission is to fight on land to defeat enemy forces. The collateral mission is to perform our share of the total mission of American armed forces for conditions short of war by standing among free people defending them with a protective fence of trained and dedicated soldiers deployed overseas.

Over the course of history, we have learned and relearned that if freedom is to endure, it must be shared. We know that when a man's liberty or any nation's sovereignty is threatened or denied, our own liberty is in jeopardy. America knows, as do her allies, that a single nation cannot stand alone against a determined aggressor.

We must use the lessons of the past as a guide for the future; for renewal, innovation, continuity, inspiration and to gain a realistic, honorable and lasting peace.

To that end the US Army is totally committed.

Sixth US Army CSM retires; stresses NCO training

by Abe Rubin, Sixth Army Public Affairs

"I strove to create a better working relationship between our active and reserve component soldiers, and to open up better lines of communication. I believe our soldiers are better trained and motivated for mobilization."

Speaking was Sixth U.S. Army CSM Harris L. Parker, who retires today after 30 years' Army service. Parker was asked what was his most important achievement during his four-and-a-half years as Sixth Army command sergeant major. "I feel proud to have initiated a NCO professional development program," Parker said, "and it's doing real well."

Before coming to Sixth Army in November 1979, Parker put in a three-and-a-half-year stint as command sergeant major at Hq., US Army Recruiting Command, Fort Sheridan, Ill.

Parker's Army career was spent mainly in doing what being a soldier is really all about — serving as an infantry troop in the field. His previous assignments

ranged from infantry squad leader, platoon sergeant, operations sergeant, instructor, and first sergeant, mostly with Airborne, Ranger and Special Forces units.

His overseas service includes a tour in Germany with the 11th Airborne Division, when that organization moved to Europe in 1955 under "Operation Gyroscope." He also served two tours in Vietnam.

Regardless of his busy schedule, he also found time to be a good family man to his wife, Dorothy, and their three children, Vernon, 28, Warren, 19, and Pamela, 15. At most of the CONUS (continental U.S.) installations at which he served, Parker was a big booster of youth activities. Here he worked with the Girl Scouts, teaching them survival skills while on a camping trip last year.

Before leaving the Presidio, Parker will be awarded our nation's fifth highest decoration, the Legion of Merit, for "exceptionally meritorious service in con-

secutive positions of great responsibility from June 1976 to June 1984."

Parker's decorations include the Bronze Star Medal (awarded twice); Meritorious Service Medal (awarded twice); Air Medal; Army Commendation Medal (three awards); and various honors from the Republic of Vietnam.

Reflecting upon his 30-year Army career, Parker considers the high points to be when he was an instructor at the Fort Benning, Ga., Ranger School, and as a senior ROTC instructor, "where I had the opportunity to train and influence soldiers to survive and to become leaders. Being a leader of soldiers," he went on to say, "from squad leader to battalion command sergeant major of Airborne Ranger and Special Forces units, and having the opportunity to touch and influence soldiers daily to get them to do things right. Those were my best days," he said.

Parker and his family will live in Waverly, Va. Future plans? Well, he's thinking about either teaching school, a management position, or possibly, a job in security with the government.

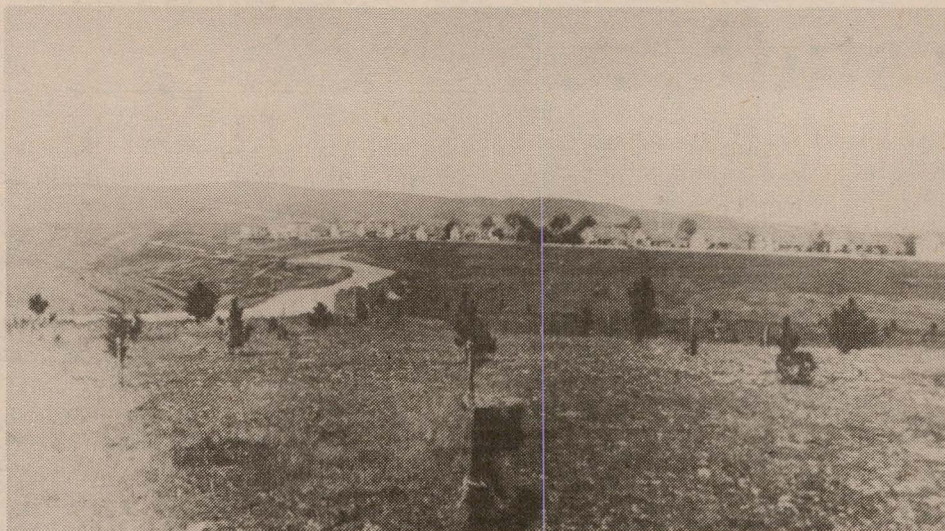
Community Calendar

English workshops

Did you speak another language before you learned English? If so, you may have learned some English skills very well, but have difficulty with others. For instance, you may be able to read and write English, but have trouble speaking it. Or, you sound like a native, but when it comes to writing, you're not sure about the punctuation or the spelling.

If this could be you, and you have an English skill you want to improve, the Education Center has designed a program that zeroes in on specific language problems.

Three workshops have been scheduled from June through September at the Education Center, bldg. 1216. The first workshop, June 18-July 19, covers Pronunciation Improvement, 2:30-3:30 p.m.; Writing I, 3:30-4:30 p.m.; and Vocabulary Building, 4:30-5:30 p.m. The second workshop, July 23-August 24, covers Grammar Review I, 2:30-3:30 p.m.; Writing II, 3:30-4:30 p.m.; and Pronunciation Improvement, 4:30-5:30 p.m. The third workshop, August 27-September 28, covers Grammar Review II, 2:30-3:30 p.m.; Writing III, 3:30-



US Army photo

Historical photo

The view from the Presidio Street Car station, circa 1882.

4:30 p.m. and Reading I, 4:30-5:30 p.m.

Depending on the need and the time available for class, students can enroll in one, two or three classes during each workshop.

For additional information about these classes or to enroll, call the Education Center, ext. 2974/4445.

Toastmasters

The next meeting of Presidio Toastmasters will be June 21 in the 2nd floor conference room at LAIR, from noon to 1 p.m.

For more informatin, call Liz Greeley at 561-3908.

Summer fun

The Youth Activities (YA) and Child Development Service (CDS) Summer Fun Program will be held from June 18 through August 24. YA classes will offer swimming, gymnastics, tennis, racquetball, weight lifting, sports classes, computer operations, arts and crafts and theater arts at \$10 per class.

The CDS program will offer excursions, swimming, cooking, lunches, snacks, disco, computer oepations, free play, and structured activities. The program will cost from \$38 per session for the part day program up to \$95 per session for the full day session. For registration and information come by the Youth Activities office, bldg. 122 (561-5143) and Child Development Services, bldg. 569 (561-3588.)

Scuba classes

Weekend scuba diving classes are scheduled for June 30 and July 1 through Outdoor Recreation. Classes begin at 8 a.m. and you must be 13 years or older to participate. Cost is \$85 per person. For more information call Outdoor Rec. at 561-4324.



PRESIDIO OFFICERS CLUB FUN RUN SAT JULY 28 1100 hours

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COURSE: 5.2 or 2 Mile Loop, Some Hills
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Time to Spare

... the write stuff ...

by Richard Wetzel

I'm constantly being asked (and I'm sure you are too!) where one can go to shake your booty, rattle your bones, get down, slam your torso, loosen your joints and physically turn your body into a human pretzel ... If it's dancing you want, San Francisco has hundreds (maybe more!) of clubs, many that specialize in particular styles ... Such as, the CLUB 2001, on Union Street that features top forty and New Wave music, with a live band on Tuesday and Wednesday nights ... ROCKIN' ROBINS, located at 1840 Haight Street gives you the 50's and 60's sound from the jukebox seven nights a week ... THE AVENUE BALLROOM, 603 Taraval ought to be a really live place with Israeli folk dancing on Sundays; Balkan and Greek dancing on Thursdays; Ballroom dancing on the first and third Friday on the month; West Coast Swing on the second and fourth Friday and Jitterbug dancing every Saturday evening ... The PAL-LADIUM, Kearny at Broadway, offers rock of the 80's every Thursday evening; Funk, Soul, Disco and New Wave every Friday and Saturday nights ... Jolly Friars, 950 Clement Street gives you Disco dancing ... I've yet to ready about a club specializing in break dancing, but you might want to check with the ski resorts ... for a more detailed listing of dance clubs, see the "pink section" of the Sunday newspaper ...

Take a trip back in time at Fort Point as they celebrate the Fourth of July, 1880's style. The

National Civil War Association will be in uniforms and costumes and a band consisting of a fiddler, a banjo player and a guitarist will be playing music that people would have danced to 100 years ago. Picnic tables and barbecue pits will be available inside the fort, in addition to free films on subjects relating to the history of the United States. For further info call 556-1693 ...

The 10th Annual Father's Day Kite Flying Festival will be held Sunday on the Marina Green from 8 a.m. to 5 p.m.... If you're a little bored with your lunch hour, check out the Cable Car Bell Ringing Championships, sponsored by KABL radio and the S.F. Muni Railway, Tuesday from noon to 1:30, at the Union Square, Geary and Powell Streets ... Same time and same place, only on Thursday, will be the Ribbon Cutting Ceremony, marking the return of the Cable Cars to San Francisco ... the Mayor will be doing the chopping ...

MUSICAL SNUFF...Frank Sinatra (Old Blue Eyes) will be appearing with David Brenner (Old Big Nose) at Daves Symphony Hall, July 15. Tickets are going for \$35, \$50, \$75 ... On the other side of the Bay (and the coin) the Oakland Coliseum presents Rod Stewart (Blondes have more fun!) and Jeff Beck (an original brunette) July 18 ... tickets are a bit more reasonable at \$12.50; and \$15 ... You get what you pay for ... or do you?

"Raindrops keep falling on my head," ... but not on the Presidio (except during important ceremonies). Therefore, there is a great need for artificial rain. You know, the kind that comes out of the water spigot or garden hose ... Everywhere you look, sprinklers are constantly watering the grounds of the post ... These spinklers have been strategically placed by experts to give an efficient supply of artificial rain to all the trees, flowers, grass, sidewalks, streets and my freshly-shined boots ... "but that don't mean my eyes will soon be turning red ..."

One could sit for hours discussing the many fine restaurants in San Francisco ... one could spend another hour comparing the prices. Seems like everyone knows of a favorite little place where the food "tastes like mom cooked it" ... Perhaps one of the least known of these places is actually tucked away in the middle of the Presidio ... Every third Wednesday of the month, the Religious Activities Center (RAC) warms up their ovens for the Single Soldiers Supper, a buffet-styled homecooked meal. The dinner, which is served from 5:30 to 7 p.m., is prepared by the staff of RAC and families on post and is presented in a pleasant, relaxed atmosphere ... The next supper is Wednesday, check it out ...

In closing, let's all join hands and sing the last stanza of the Beatles' "Everybody's Got Something to Hide Except for Me and My Monkey."

Presidio Theatre

June 14	Hard Bodies (R)	7 p.m.
June 15	Iceman (PG)	7 p.m.
June 16	Romancing the Stone (PG)	2 p.m.
June 16	Romancing the Stone (PG)	7 p.m.
June 17	Romancing the Stone (PG)	7 p.m.
June 18	Romancing the Stone (PG)	7 p.m.
June 19	Porky's/Porky's II: The Next Day (R)	7 p.m.
June 20	Porky's/Porky's II: The Next Day (R)	7 p.m.

Schwartz Theatre

June 14	Hanky Panky (PG)	7 p.m.
June 18	Hard Bodies (R)	7 p.m.
June 20	Romancing the Stone (PG)	7 p.m.

Presidian Review: In *Iceman*, a Neanderthal man is thawed, forcing him into life in a modern world where he becomes a lonely alien.

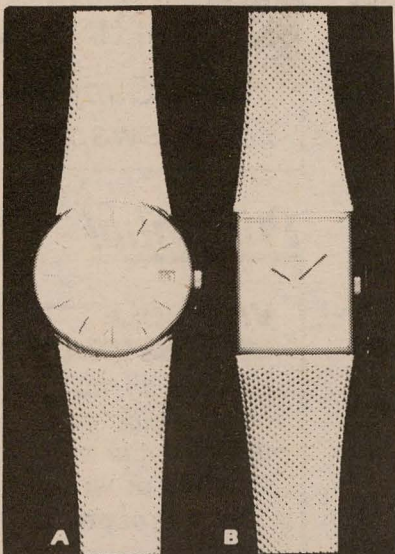
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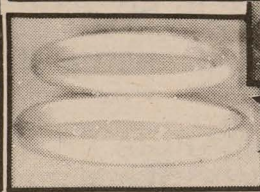
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Time 5 p.m. 6:15 p.m. 7:30 p.m.	Field No. 1 USAG vs. 864th Engineers Attorneys vs. 6th Army Doctors + vs. Red Cross	Date Monday Monday Monday
Time 5 p.m. 6:15 p.m. 7:30 p.m.	Field No. 2 Band vs. USACC INSCOM vs. Vigilantes FBI vs. OARB	Date Monday Monday Monday
Time 5 p.m. 6:15 p.m. 7:30 p.m.	Field No. 1 LAMC No. 2 vs. USAG 4 Seasons vs. MSC Co. H. DLI vs. OARB	Date Tuesday Tuesday Tuesday
Time 5 p.m. 6:15 p.m. 7:30 p.m.	Field No. 2 864th Engineers vs. LEC Attorneys vs. USACC Doctors vs. LAIR No. 2	Date Tuesday Tuesday Tuesday
Time 5 p.m. 6:15 p.m. 7:30 p.m.	Field No. 1 Band vs. INSCOM 4 Seasons vs. Vigilantes Co. G. DLI vs. MSC	Date Wednesday Wednesday Wednesday
Time 5 p.m. 6:15 p.m. 7:30 p.m.	Field No. 2 DEH vs. 6th Army Attorneys vs. OARB FBI vs. LAIR No. 1	Date Wednesday Wednesday Wednesday
Time 5 p.m. 6:15 p.m. 7:30 p.m.	Field No. 1 USAG vs. LEC 864th Engineers vs. Red Cross DEH vs. OARB	Date Thursday, June 21 June 21 June 21
Time 5 p.m. 6:15 p.m. 7:30 p.m.	Field No. 2 Co. H. DLI vs. LAIR No. 1 A Team vs. LAIR No. 2 Doctors + vs. 6th Army	Date June 21 June 21 June 21

SCORE • BOARD

TEAM	WIN	LOSS
A Team	7	0
6th Army	5	0
OARB	4	0
Co. G DLI	5	1
LAMC #2	3	1
USAG	5	2
DEH	4	2

FBI	3	2
USACC	3	2
Red Cross	3	2
Attorneys	3	2
864th Engrs	2	1
Doctors	3	3
MSC	2	4
LAIR #1	2	4
LEC	2	4
6th Army Band	1	4
Co. H, DLI	1	4

The semi-annual Army/Navy golf tournament between Treasure Island and the Presidio of San Francisco will be hosted by the Army team at the Pre-

sidio Golf Course Tuesday afternoon, June 19. Sixteen players representing both services will battle for a trophy awarded the victorious team.

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Sports

Results of the 1984 Interservice Track and Field championship conducted at the Air Force Academy June 4-5, 1984 are as follows:

Men's Division - Team results

- 1st Place: Air Force
- 2nd Place: Army
- 3rd Place: Marines
- 4th Place: Navy

Army Men's individual results are as follows:

110 Meter Hurdles: 3rd Place: Wendell Angel, Fort Stewart, Ga., 14.3

400 Meter Run: 2nd Place: Michael Ricks, Fort Ord, Calif., 45.9

Hammer Throw: Earl Newsome, West Point, 182-11

1500 Meter Run: 1st Place: Cardell Williams, West Point, 3:51.6

4th Place: Michael Lamb, Fort Riley, Kan., 3:37.8

100 Meter Dash: 2nd Place: Kevin Nance, Phoenix, Ariz., 10.4

High Jump: 2nd Place: George Milton, Fort Benning, Ga., 6'11"

Shot Put: 3rd Place: Marcus Young, USAREUR, 47-11

Long Jump: 3rd Place: Harold Lawrence, Fort Ord, Calif., 25-4

100 Meter Relay: 2nd Place: Army

800 Meter Run: 2nd Place: Cardell Williams, West Point, 1:49.9

3rd Place: Kenneth Washington, USAREUR, 1:50.0

3000 Meter Steeplechase: 3rd Place: Thomas Hardin, Westcom 10:39.4

Discus: 4th Place: Earl Newsome, West Point, 123-10

200 Meter Dash: 2nd Place: Michael Ricks, Fort Ord, Calif. 20.97

Triple Jump: 1st Place: Frederick Brooks, Fort Polk, La., 53-5
3rd Place: Curtis Miles, USAREUR, 50-1 1/4

Javelin: 3rd Place: Steven Kreider, Fort Lewis, Wash., 240-0

5,000 Meter Run: 1st Place: Michael Lamb, Fort Riley, Kan., 15.29.9

4x400 Relay: 1st Place: Army, 3:08.1

Pole Vault: 3rd Place: Jeffrey Kuchel, USAREUR, 14-6



Women's Division - Team Results

- 1st Place: Air Force
- 2nd Place: Army
- 3rd Place: Marines
- 4th Place: Navy

Army Women's individual results:

400 Meter Run: 3rd Place: Karen Fitts, Ft. Monmouth, N.J., 58.0

4th Place: Alicia Hall, Fort Stewart, Ga.

1,500 Meter Run: 1st Place: Carey Hill, Fort Dix, N.J., 4:58.7

3rd Place: Megan McGee, USAREUR, 5:08.2

100 Meter Dash: 1st Place: Vivienne Britton, USAREUR, 12.53

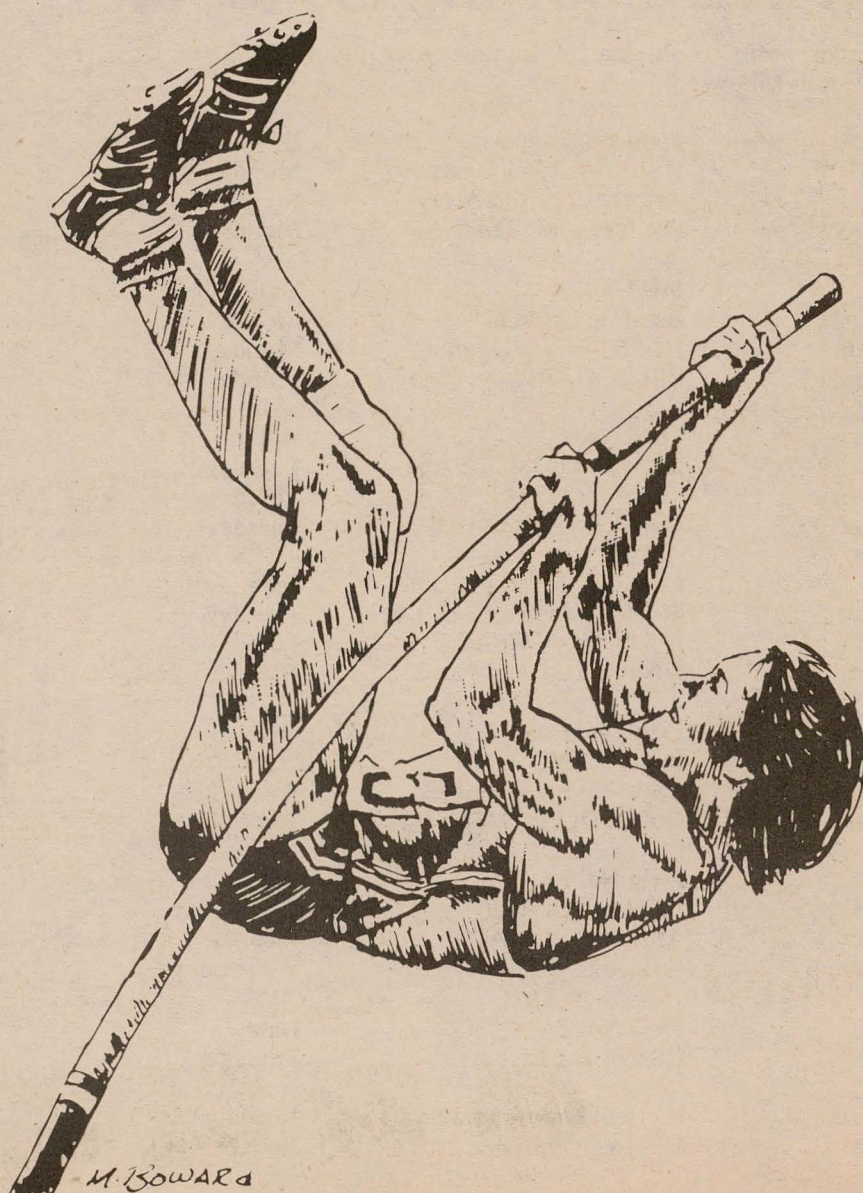
4th Place: Levon Roux, Fort Ord, Calif., 13.08

4x100 Meter Relay: 2nd Place: Army

Long Jump: 1st Place: Vivienne Britton, USAREUR, 19-2 3/4

100 Meter Hurdles: 1st Place: Darlene Grant, Fort Knox, Ky., 13.9

3rd Place: Vivienne Britton, USAREUR, 14.9



800 Meter Run: 2nd Place: Karen Fitts, Ft. Monmouth, N.J., 2:23.94

200 Meter Dash: 3rd Place: Vivienne Britton, USAREUR, 25.50

3000 Meter Run: 2nd Place: Carey Hill, Fort Dix, N.J., 11:04.1

3rd Place: Megan McGee, USAREUR, 11:06.2



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jungle life story/
page 5

Outdoor Rec: rents
a bit of nature/page 4

Cheap Thrills: a lot to
do for nothing/page 4

Star Presidian

Vol. 27, No. 24

"Published in the interest of the people of the Presidio of San Francisco."

June 21, 1984

News briefs

Volleyball practice

The U.S. Olympic Volleyball Team is *very tentatively* scheduled to practice at the main post gym, bldg. 63 on Wednesday morning. If their schedule does allow their stop here, the team's practice will be open to the public, according to the sports director.

If you're interested in taking advantage of this unique opportunity, verify the practice date with the Sports Branch on Monday by calling 561-4120.

According to the sports director, discount tickets to Wednesday's game at USF between the U.S. and the Argentinian team will be available at the Sports Branch.

Vets helping vets

Attention! Did you know there's an organization who's mission is to assist veterans in employment, social and legal services? This non-profit organization was founded in 1974 by a group of veterans and its services are available to you free of charge. All you need is a DD Form 214.

The employment component helps veterans find meaningful employment by carefully matching veterans with employers. Job counselors assist veterans in career planning and develop new training programs designed specifically to help both the skilled and semi-skilled vet. One program aimed at upgrading a veteran's skills is the "On-The-Job Training Program" (OJT). Through the OJT (which is open to San Francisco residents only), we will subsidize private employers for up to one-half of the cost to train a veteran.

The social services unit provides a variety of emergency social services. Professional staff provide one-on-one counseling in areas such as temporary housing, income benefit assistance, drug and alcohol transition, and general counseling. The staff works through problem solving, letter writing, and telephone advocacy to help a veteran prioritize and fulfill his/her needs. An important emphasis is placed on the use of referrals throughout the extensive social services network.

The legal services department provides discharge upgrading and benefits advocacy. The legal staff also provides counseling on legislative changes, Agent Orange and other developments affecting the rights of veterans.

If you are interested in finding out more about Vets helping Vets or are in need of any of the described service, contact Donna L. Burns at (415) 552-8804.

Musical is scheduled

An original musical written by Merrill Collins, organist at the main post chapel, will be presented by the Religious Activities Center. It is entitled "Follow That Star."

Auditions for the show will be held from 7:30 to 9:30 p.m. on Monday and Tuesday at the main post chapel. Singers, dancers, instrumentalists, carpenters and seamstresses are needed.

To volunteer, contact Ardyss Golden at 922-1891. Golden is a professor at Diablo College and has volunteered to direct the musical which will be performed in mid-August as part of the "Year of the Military Family" celebration.



Soldiers are on the move!

by Pat Barham

Army traditions continue here on the Presidio as soldiers from Company D, 864th Engineer Battalion returned from their recent training exercise in Honduras. This long-awaited reunion with friends and family ended two long months away from home.

The company departed for their assignment on March 26 and returned May 19. Small groups of soldiers from the unit stayed behind to prepare equipment for shipment back to the Presidio and finally, all were home by June 13.

Greeting soldiers who have returned after long periods of time is not uncommon in the military — in fact, it's a way of life for many service members. Thus, the "hail" portion of the celebration was completed. It therefore follows that always comes a time when "farewells" must also be acknowledged, so tomorrow, 96 soldiers who make up the greater part of the 504th Military Police Battalion are scheduled to leave for Fort Lewis, Wash. The remaining standing force is slated to leave on June 29, while others assigned to the unit will be reassigned to the Presidio.

In a ceremony last week, the Battalion colors were cased — ending a 12 year presence of the unit on the Presidio. Many soldiers assigned to the 504th throughout the years have come and gone and now their honors and deeds go with the unit. To those who stay behind only memories will endure as they continue to serve; but the fact remains that a friend to the post is leaving.

The loss of the Battalion is like losing a friend. According to Capt. Hugh F. Ferguson, battalion adjutant and signal officer for the unit, "The biggest feeling on the staff is that the Presidio has been a great place to be and that a soldier couldn't ask for a better assignment. However, the increased training opportunities afforded at Ft. Lewis can only enhance the effectiveness of the unit and its mission."

A unit doesn't just pack up overnight and leave in the same regard. The 504th came to the Presidio from Vietnam in June 1972 and has been here ever since.

The Presidio has a proud history, as does the 504th. To illustrate the "esprit de corps" within the unit, Ferguson said, "Some 10 to 12 soldiers were on levy to overseas commands and through a DA-approved request they will rejoin the unit at Ft. Lewis."

The 504th MP Battalion is the Army's most decorated MP battalion and they could only get that way through dedicated service.

Yet, throughout the housing areas moving vans probably have been seen picking up precious cargo — families and single soldiers within the billets areas. But although this scene is saddening the Presidio has had the best of times and the worst of times, knowing and working with a group of true professionals, and then bidding them farewell.

But greeting old friends and saying good-bye to others is the Army way; to *all* we say thank you.



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Opinions

TAKE A BITE OUT OF CRIME

Bicycle Rodeo

The Provost Marshal Crime Prevention and Vehicle Registration Offices will be conducting a Bicycle Rodeo on Saturday. The Bicycle Rodeo is being held for two reasons: first, to exhibit good safety and security habits for bicycle riders, and second, to encourage a day of family fun and prizes.

Several activities have been designed to achieve this purpose, and the day will be highlighted by awarding prizes to the Bicycle Rodeo Champions in two age groups.

Contest Activities

Nine to 11:30 a.m.; (bldg. 36, Military Police Station) classes and films on bicycle safety and rules of the road and Presidio bicycle regulations. Special appearance by McGruff, the "Take A Bite Out Of Crime" dog. This class will be testable as part of your overall score in determining the Presidio Bicycle Rodeo Champions.

Eleven-thirty to 12:30 a.m.; bicyclists and their families are encouraged to bring a picnic lunch to enjoy at the Crissy Field beach area.

Twelve-thirty to 3 p.m.; (Crissy Field area opposite the Four Seasons) Bicycle Rodeo! A graded bicycle



inspection will be performed on all contestants' bicycles, followed by the skill testing portion of the Rodeo. Skill testing will be scored your ability to ne-

gotiate a course using proper signals, balancing, stopping and other bicycle safety skills.

Three p.m.; awards ceremony at the Crissy Field Rodeo Arena. Bicycle Rodeo Champions will be selected in two age groups: children 10-15 years old, and children under 10 years of age. Scores in the written test, bicycle inspection, and the skill test will be totaled to determine the winners.

Prizes!

First Prize in each age group will be a \$50 check donated by the Presidio Pentagon Federal Credit Union. All other contestants will receive certificates of participation, as well as other prizes.

In addition to the above prizes, the San Francisco Chapter of the VFW will be sponsoring a "Lite-A-Bike" Program. Members of the VFW will be present to place reflectorized pin-striping on all of the bicycles at the Rodeo. The reflectorized pin-striping allows bicyclists to be easily recognized and outlined when approached by vehicles at night.

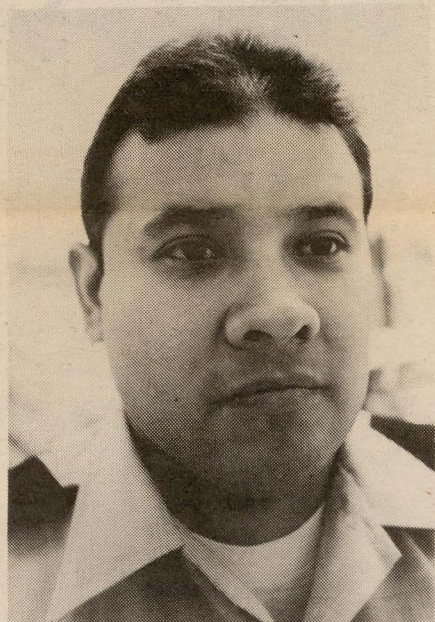
We encourage all to attend this activity as the rewards are great, and the day will be fun for everyone. For more information, contact Sp4 Rogers at 561-3811, or call the Crime Prevention Office at 561-4925/5739. Call us to pre-register for the Presidio Rodeo.

Crime Report:

Bicycles continue to be a target of opportunity for thieves. Four more bicycles were stolen last week alone, most of them unsecured. Remember: "Out of sight, out of mind." So lock your bicycle up in a safe place — out of sight!

Ramblin' Sam

"What would be your ideal vacation?"



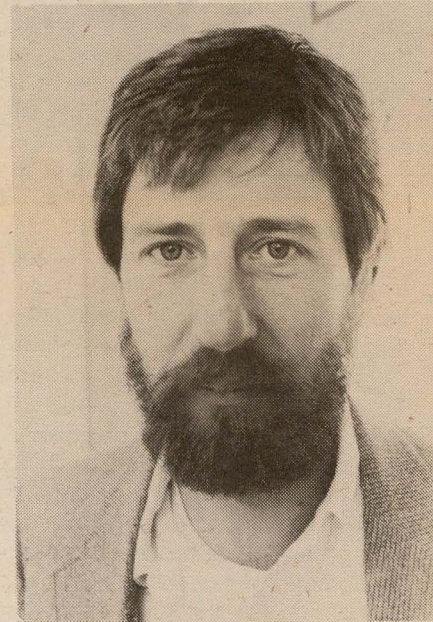
Sp5 Joe Tavera, administrative specialist, LAMC, "A vacation in Hawaii because everybody talks so much about it, everything you see and hear makes it sound like the ideal place. Everyone is so happy there."



Sp5 Ella Grant, supply specialist, DIO, "The ideal place for me would be Hawaii as long as I didn't have to worry about work for at least three weeks."



Sidney Tyler, clerk typist, comptroller's office, "My ideal vacation would be to go home to New Jersey for a year and get paid while doing it."



David Ciechanowski, chief, ACS, "To me the ideal vacation would be to take a trip down the Baja peninsula in a 4-wheel drive with a surfboard, fishing pole, canoe, scuba gear and my kids."

Actionline

I would like to see a large national flag flying from the flagstaff like the one from Moffett Air Station—so it must be in the supply system.

Name Withheld

In accordance with AR 840-10, the largest flag in the Army inventory is the Garrison flag; it measures 20 feet by 38 feet. The Garrison flag is flown on certain holidays, and other important occasions as designated by presidential proclamation.

The following flags are also flown on the Presidio of San Francisco:

- The Post flag which measures 8 feet 11 and 3/8 inches by 17 feet is flown daily.

- The Storm flag which measures 5 feet by 9 feet 6 inches is flown in inclement weather.

**Ruth E. Bryson
Captain, AGC
Assistant Adjutant**

How do we get things addressed through the Armed Forces Disciplinary Board against a motor vehicle dealer who is unfair to military personnel?

Name Withheld

The Armed Forces Disciplinary Control Board for the Bay Area is located at Headquarters, Presidio of San Francisco, California 94129. Complaints by active military personnel about civilian establishments should be made to their post Provost Marshal or Legal Assistance Officer. Either officer, or his representative, will assist servicemembers in drafting their written complaints which will be forwarded to the appropriate Armed Forces Disciplinary Control Board for review and necessary action.

**Michael J. Brawley
Lieutenant Colonel, JAGC
Deputy Staff Judge Advocate**

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Affordable fun can still be found in the S.F. area

by Liz Greeley

The weekend's coming up ... (ho hum) another weekend in the City. San Francisco is a great city to be rich in, but you can't do *anything* if you're not wealthy.

HOLD IT! That's right, hold it right there. Okay, yes, San Francisco is expensive and yes, it was rated the fourth most expensive city in the world (according to a recent business survey).

But as we all know (slight slip of the objectivity here) it's *worth* it. Furthermore, there are places to go to enjoy yourself whether your wallet bulges like a Rockefeller's or serves as the official "Home for Retired Moths."

Okay! So let's talk affordable. How does **FREE** sound?

FREE

Some examples:

The de Young Museum is offering special Wednesday evenings with informal talks by guest speakers and museum curators exploring the various aspects of American art and experience.

Admission on Wednesdays is free from 5 to 9 p.m.; all galleries will be open and museum docents (lecturers) will be available to answer questions. There will be lectures at 7 p.m. and movies at 8 p.m.

June 27, Margaretta Lovell, curator of American Painting, will deliver the 7 p.m. lecture entitled, "American Landscape Paintings: The Interrogation of Nature."

At 8 p.m. that evening, director John Ford's classic film, "My Darling

Clementine," starring Henry Fonda, Walter Brennan and Linda Darnell will be shown.

Then there's Fort Point's "Ready and Forward" exhibit which examines the history of the black soldier in the US Army from 1776 to the present, through 120 rare, unpublished photographs and other memorabilia.

The exhibit is open 10 a.m. to 5 p.m. daily; located beneath the southern anchorage of the Golden Gate Bridge.

If you're interested in San Francisco's maritime history, ship models and nautical artifacts are on display at the National Maritime Museum open daily from 10 a.m. to 5 p.m., in Aquatic Park at the foot of Polk Street (Fisherman's Wharf).

Almost free, \$1 to \$5

Here are some examples:

As of today, they're officially back, so how about hopping a cable car ride to the Wharf? Spruced up and renovated, the cable cars still have that hundred-year-old charm.

Did you know that the de Young's regular general admission charge is only \$2? For the price of admission, you can attend the special events on Saturday and Sunday which are being held in honor of the opening of the American Galleries.

Saturday and Sunday from 1 to 3 p.m., costumed actors will recreate the people and times seen in the American Gallery paintings, telling lively stories and playing musical instruments.

On Saturday at 3:15 p.m., Presidio's



Costumed actors will recreate people as seen in paintings at the de Young Museum on Saturday and Sunday.

own Sixth US Army Band will perform in the museum's Hearst Court.

On Sunday at 2:30 p.m., Turk Murphy will be playing at Hearst Court.

If art and music aren't your cup of tea and you've seen all the movies on post, try the Parkside Theatre, 933 Taraval at 19th Avenue; general admission is \$3.50.

Is that all the inexpensive entertainment in the City? Gosh, no! But you get the idea.

San Francisco is a large city, but you don't have to spend a lot of money just to have a good time.

So don't let the economy get you down — go forth and *conquer* those entertainment blues!!

Outdoor Rec. has something for everyone!

by Bob Walker

As you walk into building 92 you feel like you're in Santa's Workshop...there are countless rows of tents, sleeping bags, skis, backpacks, bicycles, surfboards, canoes, toboggans, roller skates and many other things. Just like Christmas!

But what you are seeing is just part of the many pieces of equipment Outdoor Recreation has available for rent to Presidians. Presidio Outdoor Recreation has a tremendous selection; in addition to gear like canoes, they have houses and condominiums at Lake Tahoe for rent and even campers and recreation vehicles (RVs) so you can rough it a bit, if you like, at one of the nearby campgrounds.

Outdoor Recreation also has classes on boat safety, which is mandatory if you plan to check out a boat.

Scuba diving is also taught through Outdoor Recreation and scuba gear can be rented for the duration of the course and on weekends, of course. You don't need to be a champion swimmer to take scuba classes.

Susan Burzo, the recreation assistant said, "Outdoor Recreation can tell you how many places you can go, where you can rent condos, RV's and so many other things — and where they have more than one of everything. People from back East even call us to rent an RV to go see Yosemite while they are out here. We have something for everybody."

To prove the point, all you have to do is look over their checkout sheet to see the vast number of items available.

Who's eligible to take out all this equipment?

Active duty military and their spouses, retired military, reservists and DOD civilians assigned to the Presidio — the *total* Presidio community — can use Outdoor Recreation services.

Burzo said, "Julian Kite, the director, has done an outstanding job of providing good equipment...an RV park for Presidio is even in the works."

"To rent equipment, all you have to do is walk in off the street, present your ID card and let us know what you want and what time you want it for," Burzo added.

Just to give an idea of the amount of gear available, Tim Areja, recreation aide said, "We have about 118 sleeping bags, 38 of which are at the cleaners right now."

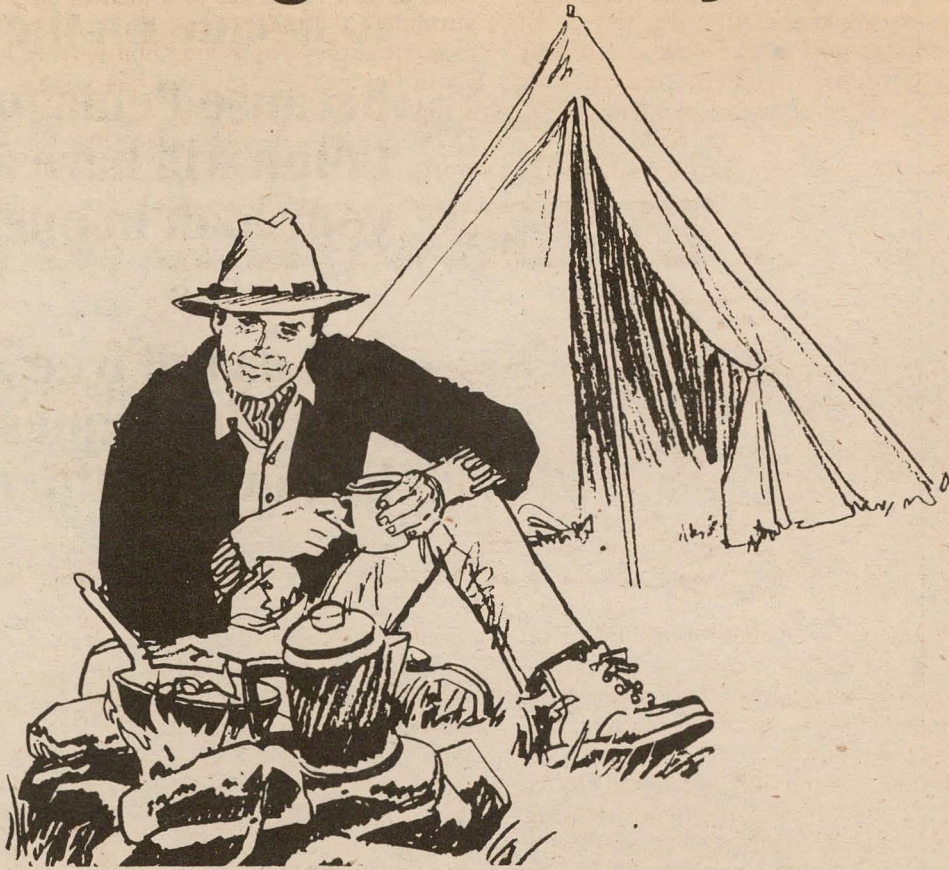
Areja's job includes teaching the skiing and boating safety classes, taking care of equipment check-out, maintaining equipment, doing minor repairs, organizing the scuba classes and ski trips and taking reservations for condos, RV's and trailers.

Areja said, "There's benefits [like] being able to go skiing during the winter. Someone from Outdoor Rec has to go along on our ski trips."

The ski trips have become so popular that Outdoor Recreation no longer drives their own vans — they have to charter a bus and they *still* have a waiting list according to Areja.

What do patrons of Outdoor Recreation have to say about their services and equipment?

Capt. Sharon Holmes at INSCOM



(Intelligence and Security Command) said, "I used it numerous times when I was the commander of Company G at DLI (Defense Language Institute-SF). I always received immediate service; the people are very nice. The equipment is really good and the price is a good deal. They work with you to get you fitted."

Maj. Daniel Carrell at DLI-SF said, "I've rented their pull trailers. The people at Outdoor Rec are very efficient;

they always have things ready when you get there to pick them up. They greet you nicely and they know their jobs well."

So when you want some outdoor equipment, walk into Santa's Workshop...er, that is, walk into *Outdoor Recreation* at bldg. 92 and see for yourself. Though they don't wear little red suits, there are plenty of helpers around to serve you and the entire Presidio Community.

At the movies

Presidio Theater

June 21	Weekend Pass (R)	7 p.m.
June 22	Weekend Pass (R)	7 p.m.
June 23	16 Candles (PG)	2 p.m.
June 23	16 Candles (PG)	7 p.m.
June 24	16 Candles (PG)	7 p.m.

June 25
June 26
June 27

16 Candles (PG)
Saturday Night Fever/Staying Alive (PG)
Saturday Night Fever/Staying Alive (PG)

7 p.m.
7 p.m.
7 p.m.

Schwartz Theater

June 25	Weekend Pass (R)	7 p.m.
June 27	16 Candles (PG)	7 p.m.
June 28	Saturday Night Fever/Staying Alive (PG)	7 p.m.

16th AG returns with stories of Panama

by Bob Walker

Neither rain, nor sleet, nor snow, nor jungle will keep one Presidio unit from completing their mission.

The 16th Adjutant General Detachment (postal) has the responsibility to be ready at a moment's notice as a Rapid Deployment Force unit, traveling to the four corners of the Earth. Once there (*wherever* it may be), they set up a post office to meet the troops' needs.

The 16th AG, as they are called, may travel to the Sinai, Honduras, Panama, Germany or any other place where they are needed. Consequently, they always have their gear ready, since they never know when a call may come.

According to 1st Lt. James Kawanami, commander of the 16th AG, their mission is to provide direct support postal functions. They may have to get down in the mud with other troops to do so. "We don't pitch mail out of air conditioned windows," he said.

The 16th AG is a small unit with a maximum strength of about two dozen soldiers.

According to 2nd Lt. John W. Bradley III, unit executive officer, the only time their people can perform their wartime mission is when they go outside the continental United States, or in support of a major exercise, like "Gallant Eagle."

Bradley said that a group which recently went to Panama (a portion of the 16th AG) was notified by Forces Command (FORSCOM) of the mission only a short time before leaving. They flew on a C-130 with everything, including weapons, to set up a mobile post office at Gato Solo (which he explained is Spanish for *lone cat*). They then set up a post office in a tent, supporting the combined task force that was already there. All of the services of a regular post office were offered by these troops; they even received their own APO zip code for the operation.

The 16th AG troops lived in tents for their entire seven-week stay. "It was as



South American iguana

close as you could get to a tactical environment," Bradley said. He went on to say that they put in long hours, from six in the morning to sometimes seven at night.

They could open the post office for emergencies at a moment's notice —

mail was flown out by helicopter. "Our location was an hour and 45 minutes by helicopter from Panama City and four and half hours by vehicle. Convoys took 12 hours," he said.

But how does being a part of the 16th AG affect the troops and their families?

According to Kawanami, there is definitely an impact on families when they go out for awhile. "We try to take the family into consideration. We try to break up the commitment to give a break, making it as evenly distributed as possible," he said.

Sgt. George Williams said, "It creates a problem with the family, with having three kids. I like to travel myself, but it's always an unaccompanied assignment."

With traveling to different areas of the world, what adjustments in life style have to be made? How is health affected by the new environment?

Kawanami said, "There are some real climatic changes, from the Sinai in the winter weather in Germany."

Sp4 Kate Weldon said, "Panama was like one in a million; we were sent to set up a post office in the middle of nowhere. We had to set up a system of getting the mail out [and] I just got back from Germany four months before — the change in weather was something else. Panama was hot with lots of insects, monkeys and snakes such as boa constrictors and Bushmasters. The Bushmaster is also known as the "Two-step" — that's as far as you can go before they get you. The main difference in Panama was the life style — people live in straw huts with dirt floors. We all took malaria pills as a precaution, but malaria isn't very common there anyway. It was good to see the culture and life style there. The people used to go crazy over the C-rations we'd give them."

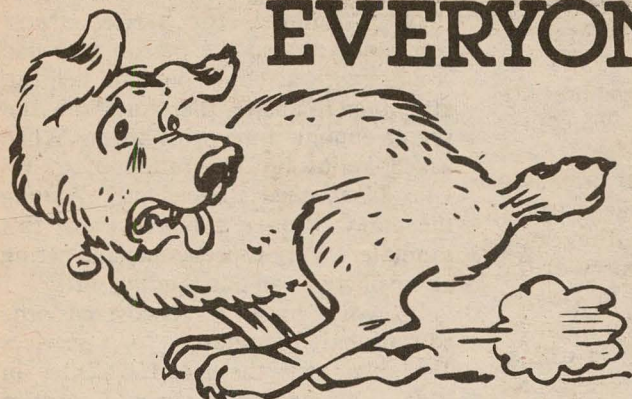
"Panama was hot, but a rewarding experience," Williams said.

Kawanami said, "The troops' favorite food in Panama was iguana. They said they could eat iguana every day and not get sick of it. I believe they said iguana was like a real tender chicken."

Being a part of the 16th AG *must* be a memorable experience as soldiers travel to all parts of the world.

Like the ads say, "It's not just a job, it's an *adventure!*"

EVERYONE IS AFRAID OF SOMETHING!



Named for the mythical Phobos, who accompanied his wargod father, Mars, into battle to spread fear among the enemy, phobias are unreasonable, uncontrollable fears.

About 18 million Americans have them, sometimes to the point of being incapacitated. And even more people are afflicted with anxiety, which isn't fear of anything specific, but a vague uneasiness about what *may* happen.

Fortunately, there are ways to conquer simple fears and phobias. One of these, desensitization therapy, exposes the victim to the thing that is feared until the terror burns itself out. Many people, however, feel that the cure is worse than the phobia.

A gentler remedy is to unlearn fears by keeping busy doing something enjoyable when afraid. Some psychologists suggest that patients retrain themselves with activities which keep them physically and/or mentally active in the face of the fear.

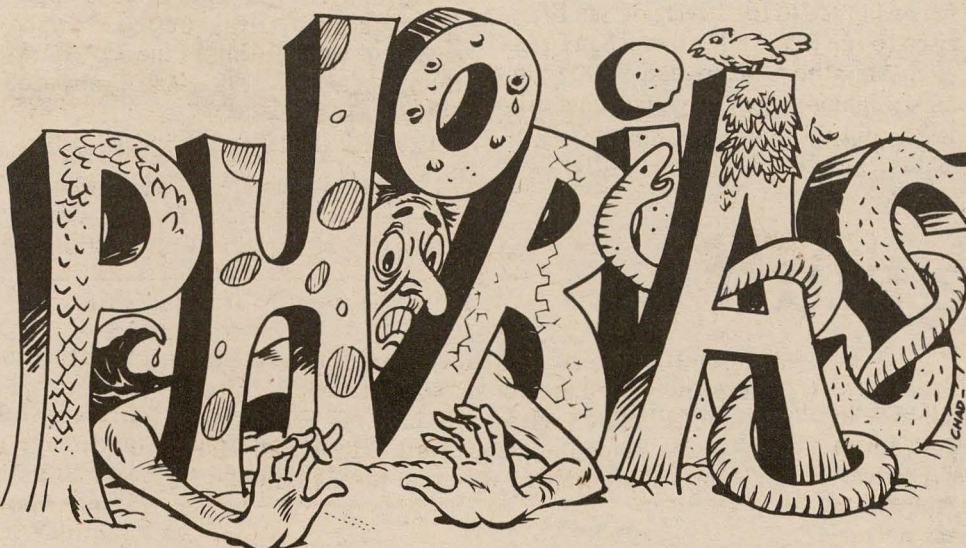
For example, consider the classic case of Peter, a young patient of psychologist Mary Cover Jones during the 1920s. Peter's problem was an unnatural fear of rabbits. If one got close to him, he would panic.

Jones decided to teach him to replace

the fear response with something else, so she cheered and relaxed him with his favorite foods, and then moved the rabbit closer with each meal.

psychological problems — stem not from one cause but many.

Lt. Cmdr. Stephen J. Kelly, Deputy Director of Mental Health and Rehabil-



It worked, and fear of rabbits became part of Peter's psychological history.

Some people believe that to conquer fear, you must discover its cause.

But one researcher could discover a cause for fear in only 10 percent of his phobic patients. The reason, he decided, is that many fears — like other

itation for the Department of Defense at the Pentagon, explained that "since a phobia is a learned phenomenon, it often can be controlled and even cured by therapy."

He said treatment is available at hospitals and dispensaries on major military installations.

(American Forces Press Service)

What are you afraid of?

People have fearful, or "phobic," reactions to a wide range of things. A particular color might induce near panic (chromophobia); small objects (microphobia) might do the trick; so will fire (pyrophobia). Here's a short list of some of the lesser known phobias. See how many of them you can identify:

- | | |
|----------------|--------------------|
| 1. glass | a. aquaphobia |
| 2. ideas | b. ballistophobia |
| 3. sexual love | c. bibliophobia |
| 4. water | d. zoophobia |
| 5. self | e. thermophobia |
| 6. missiles | f. ideophobia |
| 7. books | g. ergasiophobia |
| 8. animals | h. crystallophobia |
| 9. work | i. autophobia |
| 10. heat | j. erotophobia |

ANSWERS:

1h, 2f, 3j, 4a, 5i, 6b, 7c, 8d, 9g, 10e

Community Calendar

Flea market

The Presidio Thrift Shop will hold a Flea Market on Saturday, July 7, from 10 a.m. to 1 p.m. at building 204. Come on out and bring your own table; cost is \$5 for one table. For further information, contact the Thrift Shop, 922-3384.

Vacation church school

The Post Chapel's Ecumenical Vacation Church School begins June 25! This year will hold classes from 9:30 to 11:30 a.m. on Monday, Tuesday, Thursday and Friday for three weeks. The children (ages three through junior high school age) will take part in music, arts and crafts, recreation and classwork.

To register, call the Religious Activities Center, bldg. 682 at ext. 3535 or 4440.

Bus service will be provided. Remember, classroom space is limited, so register NOW!

Junior Academy

Throughout the year the Junior Academy of the California Academy of Science offers classes and field trips for its student members. Summertime means many opportunities for science activities for youngsters, so call soon to receive your copy for the Junior Academy Summer Schedule.

One popular event which will take place the first week in August is the "Midnight Safari" when members ages 10 through 13 explore the museum and aquarium by flashlight and then "sleep out" in the African Hall. The evening includes mini-lessons in the natural science, films and slide shows plus midnight snacks and a simple breakfast.

Call for a Summer Schedule, 668-7376 for a list of classes and field trips.

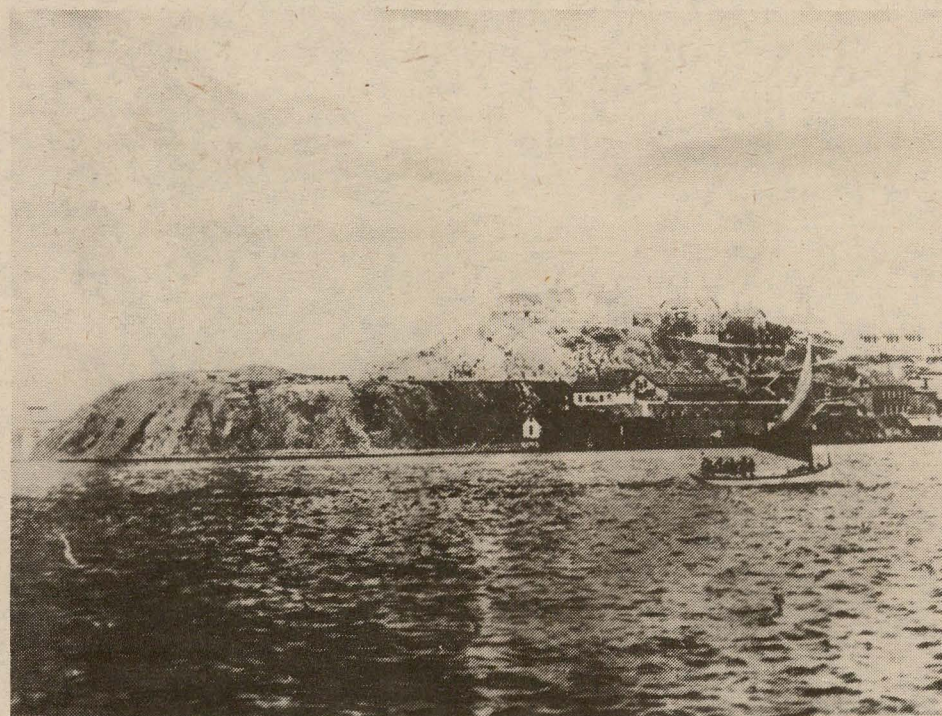
Community luncheon

The Friday Community luncheon is back in operation. It is held every Friday from 11:30 a.m. to 12:15 p.m. at the Religious Activities Center, bldg. 682. We will be serving soup and sandwiches. Come and share the good fellowship and community news!

YA summer fun

The Youth Activities (YA) and Child Development Services (CDS) Summer Fun Program is scheduled now through August 24. YA classes will offer swimming, gymnastics, tennis, racquetball, weight lifting, sports classes, computer operations, arts and crafts and theater arts at \$10 per class.

The CDS program will offer excursions, swimming, cooking, lunches, snacks, disco, computer operations, free play, and structured activities. The program will cost from \$38 per session



Historical photo

Alcatraz Island in the 1890's was the US Army's last ditch bastion of defense in case the city was ever attacked. The fortress was used by the Army from 1859 to 1933.

US Army photo

for the part-day program up to \$95 per session for the full day session.

For registration and information come by the YA office, bldg. 122 (basement, rear of the building) between 7:30 a.m. and 4:15 p.m. and the Child Development Services, bldg. 569 during the same times, or call (YA) 561-5143 or (CDS) 561-3588.

Aerobics class

High energy classes including stretching, toning, and aerobic conditioning, done to popular music, are available daily at Post Gym No. 1. Classes are on-going.

A free introductory class will put you in the spirit of fitness. Wear comfortable clothing and tennis/aerobic shoes. Open to all ages and levels of fitness — participants are encouraged to work at their own pace.

For more information, call 381-3382 or 561-4120.

PX lay-aways

Effective June 25, lay-aways picked up at the main exchange will require a 24-hour notice to the customer service department; the phone number to call is 922-4591. The Presidio Exchange is working to serve you in a more efficient manner. This new procedure is another way of improving service to our customers.

S.F. marathon

On August 19th, at 8 a.m., just one week after the Olympic marathon, runners will take to the streets of San Francisco to run in the 8th Annual San Francisco Marathon. More than 10,000 runners, highlighted by Olympic-class athletes, and thousands of spectators still sightseeing in California after the

Games, will be drawn to this popular run and its citywide course.

The San Francisco Marathon is the third largest marathon in the United States. The race has recently announced a \$50,000 prize fund. The prize money will be distributed equally among men and women with \$10,000 going to the fastest finisher in each division, \$5000 to second place and \$3000 to third. In the master's category, for both men and women, the winner will receive \$500, the runner-up \$300 and third place, \$100.

For added incentive in this Olympic year, a \$2500 bonus will be awarded if either of the winners better the Olympic championship time posted in the Games in Los Angeles the week before.

Since the first San Francisco Marathon in 1977, the field has grown from 800 runners to the 10,000 who participated in 1983. The men's winning time has dropped over ten minutes in eight years to the course record 2:14:30 set by Miguel Tibidiza in 1982, while the women have improved by almost 18 minutes to Janis Klecker's 1983 course record of 2:35:43.

The popularity of the San Francisco Marathon has been due, largely, to the surprisingly flat course, the ideal August weather and the scenery of the city itself. The race begins in Golden Gate Park, passes through the financial district to the halfway point in Chinatown, then along the Embarcadero past Fisherman's Wharf to the Fort Point turnaround under the Golden Gate Bridge and on to the finish up Market Street at City Hall.

For more information or race applications send a self-addressed stamped envelope to the San Francisco Marathon, P.O. Box 27385, San Francisco, CA 94127.

Proceeds benefit the Special Olympics.

Bowling league

Junior/Adult Mixed and Family League will begin on Sunday at 12 p.m. at the Presidio Bowling Lanes. Families, individual juniors and adults wishing to join may sign up at the Bowling Center.

Congratulations to the Presidio Junior Traveling League on winning first place in the San Francisco Peninsula Junior Travel League.

Fellowship

The Post Chapel is sponsoring this soldier's group at the Religious Activities Center, bldg. 682, on Sundays at 1 p.m.

We hope you will join us for music and fellowship ... bring your musical instruments and a willing voice.

All soldiers are welcome.

Parent-Youth Club

The Parent-Youth Club (PYC) will be sponsoring several fun-filled activities for the month of June. The monthly dance will be at the Log Cabin on June 29, from 8:30 p.m. to midnight. Admission is \$1 for members and \$2 for non-members. On June 30 and July 1, there will be a backpacking trip to Point Reyes. Participants need provide only their equipment, the PYC will provide transportation and food. Come by the clubhouse to sign up for the backpacking trip; the clubhouse is open Fridays from 7 p.m. to midnight, and Saturdays from 4 p.m. to midnight. Come by and enjoy games, ping pong, TV, stereo, and just to have fun!

Night school

The LAMC and Ft. Scott Education Centers recently polled 103 soldiers who came in to in- or out-process, see a counselor, take a test, or visit the MOS Library or Learning Center. Results showed that, in every case, soldiers were satisfied with the service they received. Only 7 people waited more than 5 minutes for service. Most respondents rated the person they had contact with as courteous and helpful, attempted to answer their questions and spend enough time with them. When asked about the reputation of the Ed Ctr, 84 checked "Excellent." Among the many positive comments was this example: "Very professional and caring atmosphere — an outstanding staff."

If you haven't discovered the educational programs or services available, visit the LAMC Center in Bldg. 1004 or the Ft. Scott Center in Bldg. 1216. We're here for you!

Scuba class

Weekend scuba diving classes are scheduled for June 30 and July 1 through Outdoor Recreation. Classes begin at 8 a.m. and you must be 13 years or older to participate; cost is \$85 per person. For more information, call Outdoor Recreation at 561-4324.

... the write stuff ...

by Richard Wetzel

What do crabs, chili and hot-air balloons all have in common ... The balloons, in this case, are just a part of the activities happening at the Cable Car Festival, at Fisherman's Wharf ... As for the crabs, they'll be racing (That's right, racing! Have you seen a crab race?) Saturday at the Old Wharf Area stage, Jefferson and Taylor streets. The event, sponsored by the Port Tenants' Association, gets crawling at 11:30 a.m. and is followed at 2 p.m. by the Celebrity Pro Am Crab Cracking Competition ... (I'm assuming the celebrities are humans, not crabs, but then they could be a little of both) ... if you think that's a chilling event, why not have a bowl of it at the Chili Cookoff. Spooning begins at 10 a.m. in the private drive of the

Sheraton Hotel ... And if that ain't *enuff* to tickle your innards, maybe all the hot air will. The world's largest continuous balloon release will kick off Friday at 11 a.m. at the Anchorage courtyard. Music and entertainment will accompany the event through Sunday, 2 p.m. ...

The 15th Annual California Special Olympics State Games, with competition between more than 2,500 athletes, opens Friday, at 6 p.m., with the "Grand Parade of Athletes" and torch-lighting ceremony, at Edward's Field, UC Berkeley. Rafer Johnson, 1960 Olympic Decathlon Champion will be presiding ... The events, which include basketball, diving, frisbee disk, swimming, wheelchair events and many other,

will run through Sunday and is open free to the public ...

Last week's "stuff" told you where you could go and shake *your* stuff on the dance floor ... and since you all practiced, here's your chance to prove it ... A Dance Marathon will be held from noon to midnight, Saturday, at Pier 2, Fort Mason. Dancers can strut their stuff to taped and live music, including Bonnie Hayes and the Wild Combo, the Looters, Mitch Woods and His Rocket 88's, Permanent Wave and many others. Admission will be \$7-10, sliding scale, whatever that means ...

... By the way, D Company, 864th Engineers, returned from the Honduras, not Panama ... (This time, it's MY turn to snarl at the editor) ... Welcome back anyway!

Sports

Fort Scott softball schedule

Time	Field No. 1	Date
5 p.m.	USAG vs. LEC	Thursday, June 21
6:15 p.m.	864th Engineers vs. Red Cross	June 21
7:30 p.m.	DEH vs. OARB	June 21
Time	Field No. 2	Date
5 p.m.	Co. H, DLI vs. LAIR No. 1	June 21
6:15 p.m.	A Team vs. LAIR No. 2	June 21
7:30 p.m.	Doctors + vs. 6th Army	June 21
Time	Field No. 1	Date
5 p.m.	LAMC No. 2 vs. 6th Army	Monday, June 25
6:15 p.m.	4 Seasons vs. 6th Army Band	June 25
7:30 p.m.	Attorneys vs. LAIR No. 1	June 25
Time	Field No. 2	Date
5 p.m.	LEC vs. Red cross	June 25
6:15 p.m.	Co. G, DLI vs. Vigilantes	June 25
7:30 p.m.	FBI vs. USACC	June 25
Time	Field No. 1	Date
5 p.m.	Co. H, DLI vs. USACC	Tuesday, June 26
6:15 p.m.	A Team vs. Red Cross	June 26
7:30 p.m.	A Team vs. MSC	June 26
Time	Field No. 2	Date
5 p.m.	LAMC No. 2 vs. OARB	June 26
6:15 p.m.	Doctors + vs. Vigilantes	June 26
7:30 p.m.	864th Engineers vs. LAIR No. 2	June 26
Time	Field No. 1	Date
5 p.m.	6th Army vs. USAG	Wednesday, June 27
6:15 p.m.	Attorneys vs. LAMC No. 2	June 27
7:30 p.m.	Co. G, DLI vs. 6th Army Band	June 27
Time	Field No. 2	Date
5 p.m.	DEH vs. LAIR No. 1	June 27
6:15 p.m.	864th Engineers vs. MSC	June 27
7:30 p.m.	FBI vs. INSCOM	June 27
Time	Field No. 1	Date
5 p.m.	6th Army vs. OARB	Thursday, June 28
6:15 p.m.	A Team vs. Vigilantes	June 28
7:30 p.m.	DEH vs. USACC	June 28
Time	Field No. 2	Date
5 p.m.	Co. H, DLI	June 28
6:15 p.m.	Doctors + vs. 6th Army Band	June 28
7:30 p.m.	USAG vs. Red Cross	June 28



photo by Gilbert Garza

Brig. Gen. Jere L. Hickman tees off at AER golf tournament.

AER golf tournament is a big hit

The fourth annual Army Emergency Relief (AER) golf tournament was held at the Presidio Army Golf Course on Wednesday, June 13. One hundred and thirty-six golfers (34 foursomes) took part in the tournament kicked off by Brig. Gen. Jere L. Hickman's Sixth US Army Chief of Staff) foursome with a shotgun start at 12:30 p.m., and the scramble system used to decide the winner.

Fred Moraga won a special prize for the most accurate drive and John Valente got one for having the closest drive to pin #6.

Proceeds from the day's efforts will be used to help soldiers and their

families who encounter financial emergencies. Army Emergency Relief is a private, non-profit organization which provides emergency financial help as interest-free loans/grants to all Army people, whether active or retired, and their family members in times of distress or misfortune. The AER also has an undergraduate educational assistance program for soldiers' sons and daughters.

Lt. Col. Bert J. Strucel, US Army (retired), acted as chairman for the event and is responsible for the event's great success, according to local AER officials.



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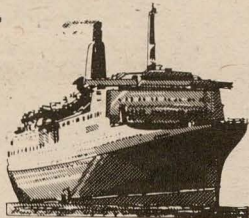
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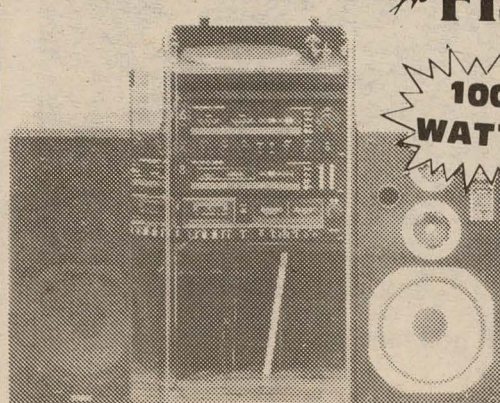
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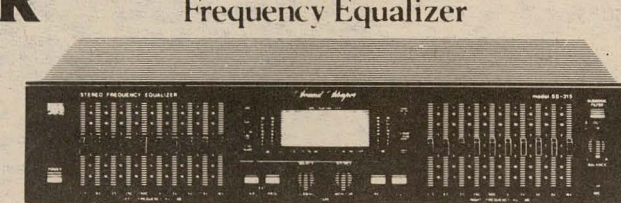


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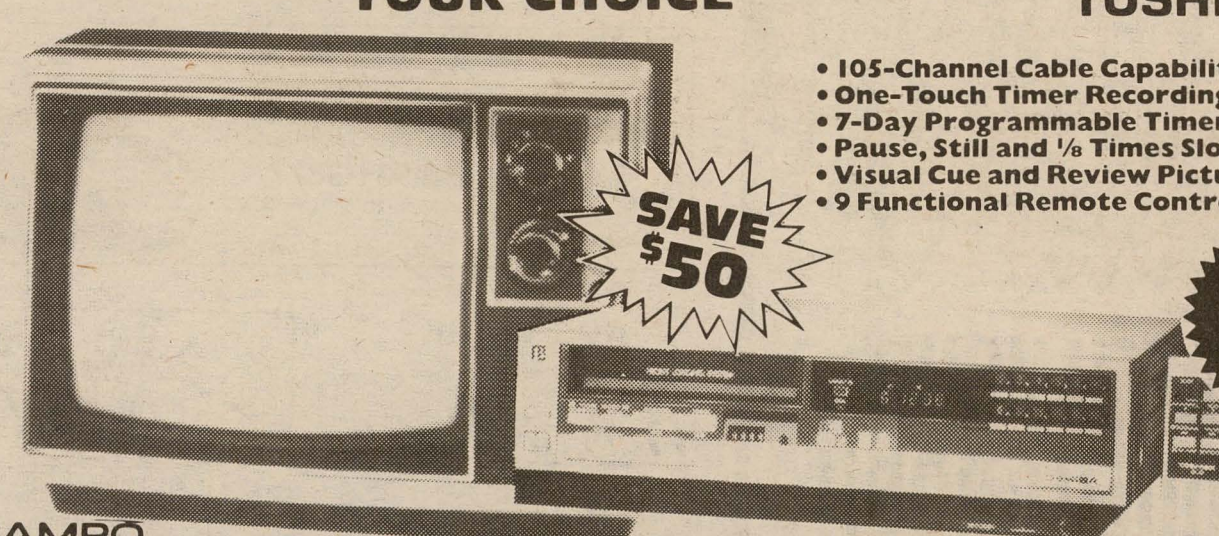
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WHERE YOU GET CREDIT

Crime Watch: guarding against child molesters/
page 2

Urban war: freeing the "hostage" at PRFTA/pages 4-5



Community Calendar: highlight on Activities Day/AUSA picnic/page 6

Star Presidian

Vol. 27, No. 25

"Published in the interest of the people of the Presidio of San Francisco."

June 28, 1984

News briefs

July 4th events

The annual Fourth of July fireworks display at Crissy Field will provide the finale to this year's entertainment-filled Independence Day in the Golden Gate National Recreation Area (GGNRA) in San Francisco.

The fireworks will be preceded by entertainment of various types throughout the day. Activities sponsored by GGNRA are:

2-2:30 p.m. Procession (Park police mounted unit, 6th Army Band, KNEW bus, etc.)

2:20-3:40 p.m. Salute to the nation

3-3:40 p.m. The Toons (rock and roll)

3:50-4:10 p.m. Ray Jason (juggler extraordinaire)

4:20-5 p.m. The San Francisco Saxophone Quartet

5:15-6 p.m. Grant Street String Band (bluegrass and country)

6:15-7:10 p.m. Mark Naftalin Blues Explosion (rhythm and blues)

7:25-8:10 p.m. Queen Ida's Bon Temps Zydeco Band (hot Cajun music)

8:25-9 p.m. (or at dusk) The 6th Army Band (patriotic music)

3:30-4 p.m. Dana Smith (comedian with trained dog act)

4:10-4:40 p.m. Walden Puppets

4:50-5:10 p.m. Ray Jason (juggler)

5:10-6 p.m. Traditional games

6-6:30 p.m. Dana Smith

6:40-7:10 p.m. Walden Puppets

7:15-7:45 p.m. Grant Street String Band (bluegrass and country)

From 1-4 p.m. at Fort Point a family picnic and "military social" will be held. Come early and bring a lunch; there will be a band and other entertainment in the area.

Presidio Military Police remind everyone that fireworks are illegal on the Presidio and subject to confiscation.

Newspaper changes

The *Star Presidian Newspaper* is scheduled to change publishers on July 1. Deadline for submissions to the paper is now Mondays by 9 a.m., at The Star Presidian Office, bldg. 37, second floor. The paper will no longer be published on Thursdays, but will now hit the streets on Fridays.

Missing child seminar

How many times have we said it can't happen to my child?

The U.S. statistics on child kidnapping/stealing are:

205 children disappear each hour

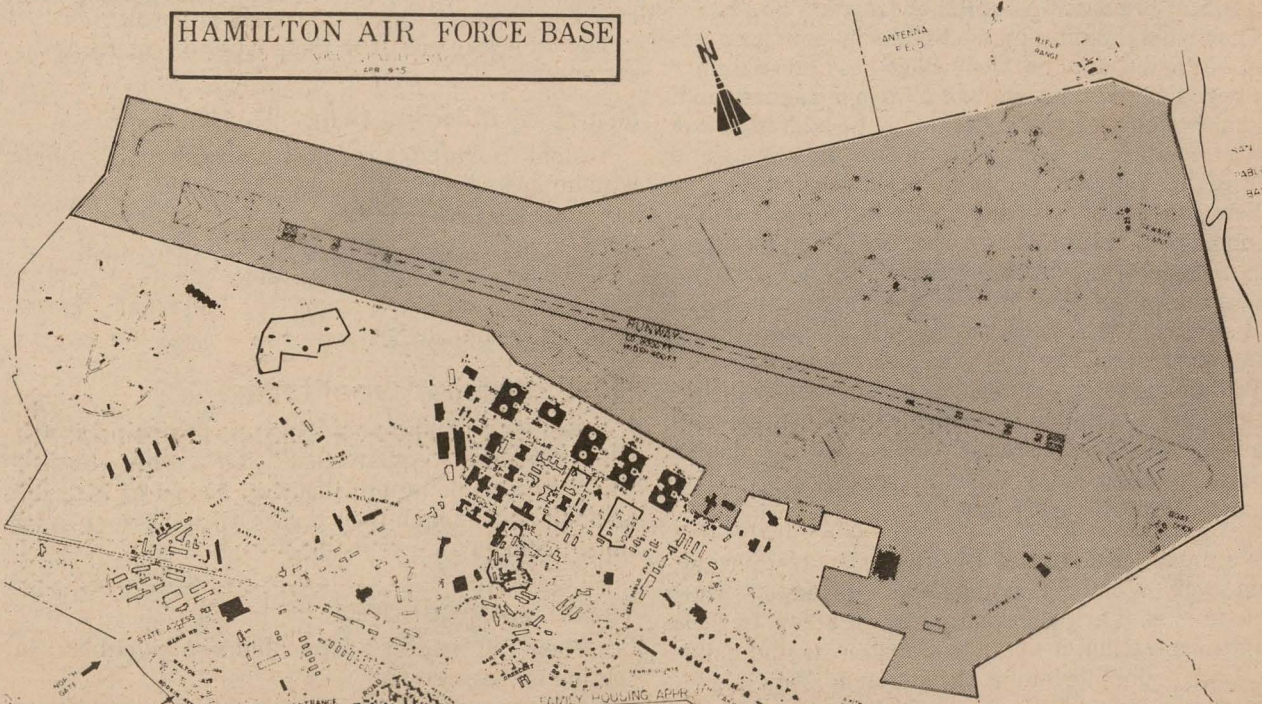
4,932 children disappear each day

2 million children disappear annually

2,000 to 3,000 children are found dead and buried in John and Jane Doe graves annually.

On July 9, 1984 at 7 p.m., bldg. 385, at the Presidio Cultural Center, there will be a seminar on Prevention of Child kidnapping/stealing. The seminar will be open to the public and free of charge. The lecturer will be Georgia K. Hilgeman, executive director of the Bay Area Center For Victims of Missing Children and a parent tim of child kidnapping. Come hear this expert on the subject of missing children.

HAMILTON AIR FORCE BASE



Presidio takes title of the Hamilton land in the shaded are of the map.

PSF acquires HAFB land

by Liz Greeley

On July 1, part of Hamilton Air Force Base officially becomes Hamilton Army Airfield (HAAF). The Presidio will take title to 755 acres of Hamilton Air Force Base land on that date, with Hamilton Army Airfield being a Presidio sub-installation. Yet this addition will bring few apparent changes.

It will be "business as usual" at Hamilton, said Maj. Michael L. Reynolds, DPTSEC (Directorate of Plans, Training and Security) Aviation Division Operations Officer.

According to Larry Landon, Master Planning Chief at DEH (Directorate of Engineering and Housing), the only difference will be that the Army will now own the areas already in use by active and reserve Army aviation units, instead of using them on permit from the Air Force.

Active Army and reserve units have been using Hamilton for some time. Accordingly, Hamilton Army Airfield's mission statement will reflect support for these units.

Overall responsibility for command and control of Hamilton Army Airfield will rest with Lt. Col. Victor Castillo, Director of Plans, Training and Security. Command and control of airfield and aviation areas will remain with DPTSEC Aviation Division Chief, Maj. Morris P. Williams.

The acquisition of Hamilton Army Airfield is "just going to consolidate the Army's activities. I don't see a dramatic change in the way things are being done," said Capt. James Rupper, Staff Judge Advocate Chief, of Administrative Law.

MPs earn medal for heroism

by Bob Walker and Liz Greeley

Two Presidio soldiers earned one of the Army's highest peacetime awards, the Soldier's Medal for heroism for a rescue last year of a potential suicide victim on the Golden Gate Bridge last year.

The two soldiers are Sgt. Hugh D. Wiley and (then) Cpl. Derwin E. Cutshall of the 504th Military Police Battalion.

Though Wiley has since gone on to a new assignment in Germany (his medal is being forwarded), Cutshall was on hand to receive his medal at a ceremony at the Provost Marshal's office on June 21.

It all began on August 15, 1983, when Wiley and Cutshall were on a routine patrol at Fort Baker.

Cutshall was at the wheel on the 2 a.m. trip back to the Presidio when he and Wiley saw a man get out of a taxi and jump over the bridge railing onto a narrow beam.

The two MPs immediately called the Golden Gate Bridge Authority and the California Highway Patrol. They then left their vehicle to see what they could do.

Other rescuers tried to talk the man down. They got the man to take a cigarette.

Then Wiley and Cutshall leapt over the rail; Wiley grabbed him while a couple of people held him.

But then the people helping Wiley lost their grip —

Wiley held the man against the bridge.

Wiley and the suicidal man struggled on the narrow beam, 200 feet above chilly bay waters. Cutshall held onto the bridge with one hand and reached out and grabbed his partner with the other.

When other rescuers offered a restraining belt and rope, Cutshall fastened it around his partner.

Finally, Wiley and the man they rescued were pulled to safety. Only then did Cutshall accept help back over the rail.

"Something had to be done, I guess I didn't really think about what I was doing," Cutshall said after the award ceremony.

Though Cutshall received the Soldier's Medal for heroism, he didn't get a chance to bask in glory — he left for an assignment in Germany June 23, just two days after his ceremony.

But Cutshall didn't seem to mind.

"It's a great honor to get the award; it was all worth it," he said.

It seems that for soldiers like Cutshall and Wiley, when they see something that has to be done, they just do it.

They don't weigh the pros and cons.

They don't think it over.

They just *do it*.



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Opinions

TAKE A BITE OUT OF CRIME

"Sex before eight"

by Bernard V. Cannon, Crime Prevention NCOIC

"Sex before eight, before it's too late," is the motto of the San Francisco-based Renee Guymon Society.

The sexual exploitation of children in America poses a unique and special problem which has occurred since the beginning of time, though always misunderstood. Sexual exploitation of children must be addressed in a special manner, as is the crime of rape. Educating and getting the American public involved is essential.

Few Americans can believe that within their midst, an underground subculture exists; one which promotes international organizations which sexually exploit children through child pornography, prostitution and molestation. These people are known as "pedophiles" and children are their preferred sexual objects.

Pedophiles rarely exhibit any shame; many justify their sexual orientation by lobbying to get consent laws changed. As they see it, child sex is merely "intergeneration sex" and society, through its ignorance, unfairly persecutes them.

Who are these people? Mostly male *heterosexuals* from every social, economic level of society. They sometimes use their occupations as an access to their victims, operating in places you expect to find children. Each pedophile has his age preference for children and specific sexual fantasy — victims' ages can range from one to the teen years.

Underground networks are formed to trade children, pornography and manuals on tactics for use in the event of prosecution. Yet, pedophiles can appear to be *the nicest people you know*.

Magnitude and scope

The true magnitude of the sexual exploitation of children has never been determined. Child molestation may be the "perfect crime"...few victims report it; like rape, it is one of the most underreported crimes.

Pedophiles are skilled in the seduction process. They know how to use bribes, attention, affection, adult authority, games, toys, TV, movies and intimidation. They are artists at recognizing and temporarily filling emotional, physical, and psychological needs of children, an ability some parents may lack.

Pedophiles have an international communications network, and they enjoy discussing their exploits with each other. With the advent of the home computer, the home sex business can run with ease and security. In one case, a computer network listed children by age, sex, race, hair and eye color, type of sexual act performed, types of photos taken and other particulars on a mailing list that was hundreds of feet long. The list contained names from six different countries.

The monetary profit in these types of enterprises is enormous.

Signs of molestation:

- Child is withdrawn, lost in fantasy or otherwise infantile behavior
- Poor peer relationship
- Delinquent or a runaway
- Change in school performance
- Bizarre, sophisticated, or unusual sexual behavior or knowledge.

How to protect your child:

Teach your child how people touch each other and why; explain a "good touch" and a "bad touch." Children must be taught that they have a right to tell an adult not to touch their bodies when it gives them a funny feeling.

Teach your children:

- Their full names, address and phone number, including the area code.
- How to make a long-distance call, both by dialing directly to you and by dialing "O" for the operator.
- How to call the local emergency number, often 911.
- That they must not obey the orders of strangers.
- To never go near a car with someone in it, or get into one without permission.
- To never admit to anyone over the phone that they are home alone. To never answer the door — to call a neighbor or police if someone tries to get into the house.
- To never go into anyone's home without their parents' permission.

- To tell you if someone offers them gifts or money or wants to take their picture.

As a parent you should:

- Make sure your child understands the seriousness of the missing child problem.
- Never leave your child unattended or alone in a car.
- Be involved in your child's activities.
- Develop a code word to be used when anyone other than you is to pick up your child.
- Listen when your child tells you he does not want to be with someone; find out why he wants to avoid this person.
- Notice when someone shows your child a great deal of attention; find out why.
- Encourage open communication; never belittle any fear your child may have.
- Have your child's fingerprints taken; keep them in a safe place. Know where dental records are. Take a photo of your child each year; four times a year if under two.
- Have a set plan for your child outlining what he should do if he becomes separated from you away from home.

Reporting suspected or confirmed child abuse:

People sometimes fail to report child abuse incidents for fear they will be sued by the people reported. This fear is **LEGALLY UNFOUNDED** in California; under penal code sections 11166 and 11168, no person reporting a suspected instance of child abuse shall incur civil or criminal liability as a result of any report authorized by this section, unless it can be proved that a false report was made and the person knew or should have known the report was false.

Should you suspect incest, molestation, or any form of abuse committed against a child, contact LAMC Social Services, Lt. Col. St. Pierre, for professional and discreet evaluation of the situation. Your Military Police desk sergeant is also available 24 hours a day to assist you.

Don't let the children of America have their childhood stolen.

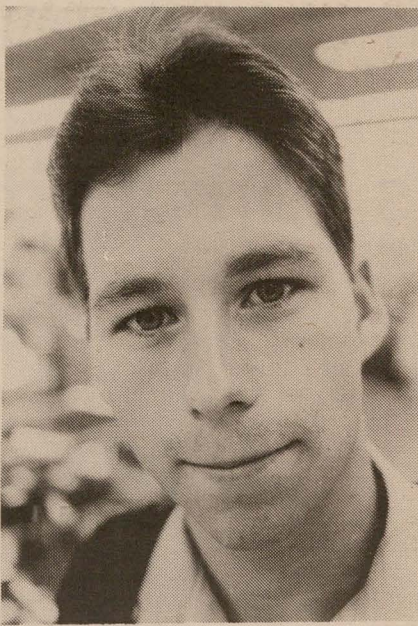
"When I was a child, I spoke as a child, I understood as a child; but when I became a man, I put away childish things." — I Corinthians XIII.II

Ramblin' Sam

"If you were secretary of the Army for a day, with unlimited resources, what would you change?"



SSgt. Shery Ramsey, NCOIC Mail & Distribution, 6th Army, "I would change the promotion system. I think a lot of good soldiers in overstrengthened MOS's aren't getting promoted. I'd make the system fairer."



Sp4 Robert Nason, protocol, 6th Army, "If I were the Secretary of the Army I would make it easier for people to reenlist. Then I would lower the promotion points to make it easier to make the next grade."



Sp5 Marcia Hall, flutist, 6th Army Band, "I would cut back on the monetary waste the Army has right down to the individual units for TDY. A lot of it is for useless things."

The **Star Presidian** is published weekly by Specialty Graphics as a civilian enterprise in the interest of the military and civilian personnel at the Presidio of San Francisco, California.

The **Star Presidian** is not an official Army newspaper. The views and opinions expressed in the newspaper represent individual writers of the publisher and are not to be considered those of the Department of the Army or any of its agencies.

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For information concerning advertising or any matter of business nature pertaining to the **Star Presidian**, please contact:

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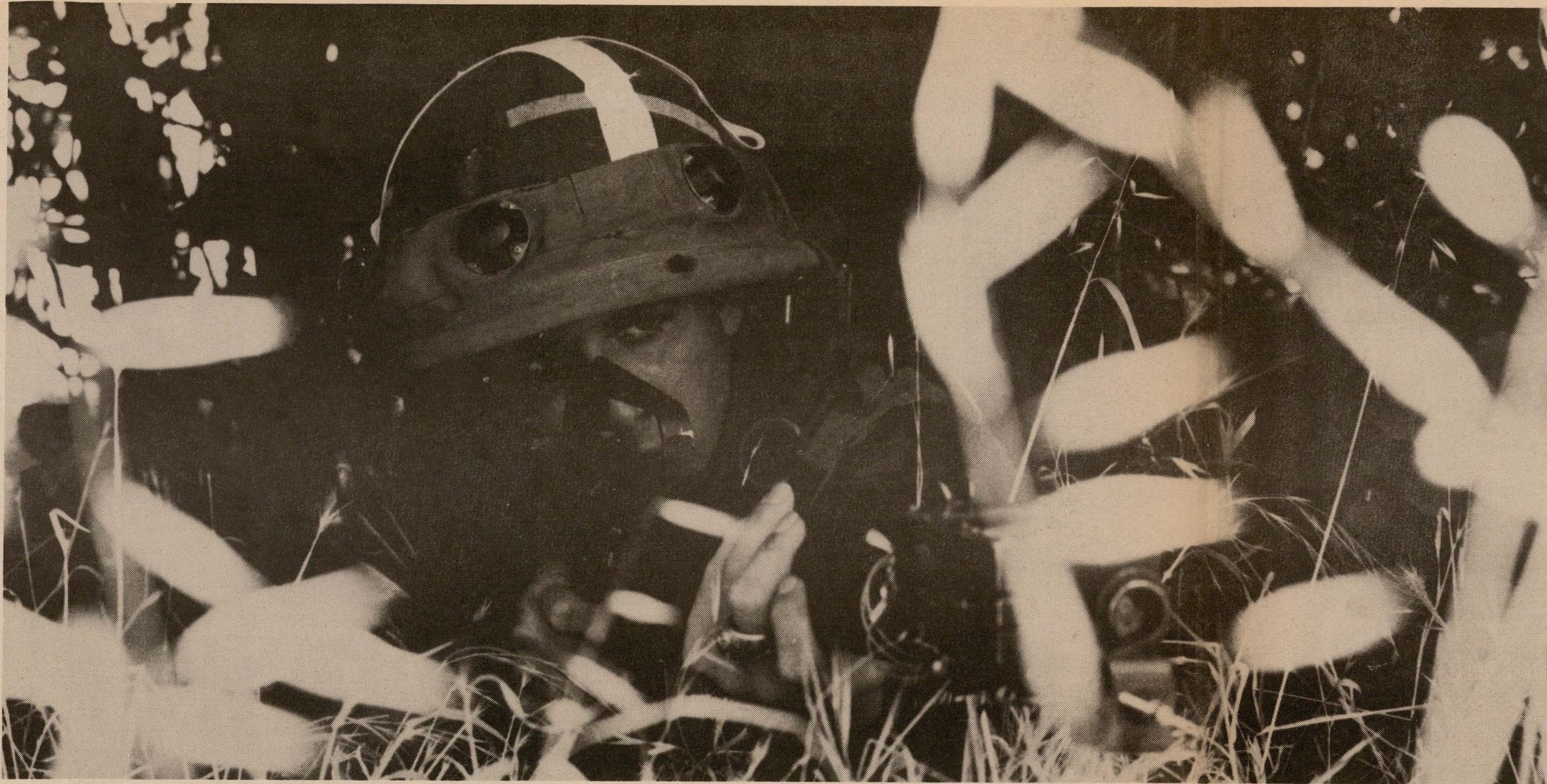
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Sp4 Richard Jones of Headquarters Company, Garrison, sights an enemy soldier and takes a bead with his weapon for a kill shot during training held at Camp Parks.

Urban war

Terrorists, SRT fight to death

It was a hot day and seemed like any other day ...with one exception: hostile forces had taken a hostage at Camp Parks and something had to be done about it.

"Terrorists" had taken Dr. Gargogif, a noted surgeon within the community, and were holed up somewhere within a three-square-block area on the compound. Presidio's Special Reaction Team (SRT) was alerted and at 1:30 p.m. on June 20 the chase began to retrieve the doctor.

About 18 members combined from Headquarters Company Garrison, Co. D. 864th Engineer Battalion and Headquarters Command Battalion staff participated in the day-long training scenario. This, along with an eight-man complement from the SRT, made for a day's worth of real fighting.

Excitement ran high as team members from both sides donned their special equipment for the exercise. The equipment referred to as MILES stands for "Multiple Integrated Laser Engagement System" and leaves no doubt in anyone's mind when an opponent has been hit by small arms fire.

The system borrowed from Ft. Ord, Calif., is an integrated laser firing device which fits on the end of an M-16 rifle. As a soldier fires the weapon the blank rounds trigger the laser and a beam is emitted. Sensing devices worn on the soldiers' helmet and body pick up the beam of light when hit and set off a continuous beeping sound through a speaker. If an opponent merely shoots *near* the intended victim, the sensor then

sends a beep, beep, beep sound alerting the soldier that a near-miss shot has been fired.

Back at the exercise, a sense of quiet suddenly overtook the area as members of the SRT began searching buildings for the hostages. Searching some 50 buildings in the area is no easy task, especially when around any corner could be an enemy waiting to send your sensors a-beeping.

After several hours, soldiers from both sides walked slowly to the rallying point. Helmets in hand and a disgusted look on their faces told the story...they were out of action for the rest of the game.

A grader for the exercise carries a special key which will disarm the annoying speaker. But that key and *only* that key can turn off the MILES system; this played a big factor during the competition. Enemy and friendly alike revelled after firing shots and hearing an ear-piercing tone coming from the rifle's target.

The day's events ended when the SRT made their way to the hostage holding area. Slowly, one by one, the number of participants in the game lessened. The terrorists worked hard to keep their valuable doctor, but only prolonged the final outcome. The SRT got the hostage to safety, though only one team member remained.

Everyone returned to the stationing area; the conflict was over. Valuable lessons had been learned during this realistic training...lessons that neither the "terrorists" nor their victorious opponents are likely to soon forget.

story and photos by Pat Barham



Richard Sheer, Headquarters Company, Garrison, waits nervously at his position waiting for the enemy to approach.



PFC Phillip Sandifer, Law Enforcement Company (Special Reaction Team), walks slowly to the assembly point after being knocked out of action with a strike from the MILES system.



1st Lt. Gerald J. Noone Jr., Headquarters Company, Garrison, supplies information to the platoon sergeant about enemy movements from his concealed position at the hostage holding area.



Sp4 Fredrick M. Gray, D. Company, 864th Engineers, smiles with delight as an enemy sniper bites the dust.

Community Calendar

ID Cards

Family members of active duty and retired soldiers may obtain ID cards once their family member status has been verified. Retiree family members must possess a marriage license/birth certificate and retirement order/papers at the time of application. Full-time students must present a letter from the school registrar showing the student is attending school full-time and listing the expected date of graduation.

For more information contact the ID Section (COMPACT) at 561-3478.

YA summer fun

The Youth Activities (YA) and Child Development Services (CDS) Summer Fun Program is scheduled now through August 24. YA classes will offer swimming, gymnastics, tennis, racquetball, weight lifting, sports classes, computer operations, arts and crafts and theater arts at \$10 per class.

The CDS program will offer excursions, swimming, cooking, lunches, snacks, disco, computer operations, free play, and structured activities. The program will cost from \$38 per session

for the part-day program up to \$95 per session for the full day session.

For registration and information come by the YA office, bldg. 122 (basement, rear of the building) between 7:30 a.m. and 4:15 p.m. and the Child Development Services, bldg. 569 during the same times, or call (YA) 561-5143 or (CDS) 561-3588.

Youth club

The Parent youth Club is sponsoring many fun-filled activities for Presidio Youth this summer. Come by the clubhouse (bldg. 908) to sign up for any of these activities:

- June 30 and July 1 - Backpacking trip to Pt. Reyes
- July 14 - Trip to Santa Cruz Beach & Boardwalk
- July 23 - Windsor Water Slides

Photo class

The Presidio Arts and Crafts Center is now offering beginning photography classes. Take advantage of the summer weather and capture the family, friends or that special place on your vacation with photographs.

You'll learn the basics of great picture-taking, negative processing and print making. The next class is scheduled for July 10-31, from 6:30 to 9:30 p.m. Classes meet each Tuesday for four weeks; you must sign up in advance. Class cost is \$6; for those interested in going beyond the basics, ask about our advanced classes.

For more information on our photography programs, call 561-3445 and ask for Steve Metcalf, or come to the Arts and Crafts Center, bldg. 122, on the corner of Lincoln and Riley.

Activities Day

On "Presidio Activities Day," AUSA is sponsoring a picnic at the Presidio Main Parade Ground July 6 from 11:30 a.m. to 4:30 p.m. Military displays, organized sporting events and entertainment will highlight the afternoon of events.

Cost is \$3 per person which includes hamburgers/hot dogs, beans and condiments and soft drinks. Tickets are available from Headquarters Command Battalion (Provisional). In case of inclement weather the picnic will be held at Harmon Hall.

Craft open house

The Presidio Arts and Crafts Center is sponsoring an Open House, July 6 from 4-9 p.m. A wide variety of crafts will be on hand for viewing. Refreshments will be served. For more information, contact the Arts and Crafts Center at 561-4497.

...the write stuff...

YOU ARE HERE!! WE ARE NOT!!
(Editor's note: ...the write stuff...will return next week.)

At the movies

Presidio Theater		
June 28	Hotel New Hampshire (R)	7 p.m.
June 29	Hotel New Hampshire (R)	7 p.m.
June 30	Streets of Fire (PG)	7 p.m.
July 1	Streets of Fire (PG)	2 p.m.
July 2	Streets of Fire (PG)	2 p.m.
July 3	Greystoke: The Legend of Tarzan Lord of the Apes (PG)	7 p.m.
July 4	Greystoke: The Legend of Tarzan Lord of the Apes (PG)	7 p.m.
Schwartz Theater		
July 2	Hotel New Hampshire (R)	7 p.m.
July 4	Streets of Fire (PG)	7 p.m.
July 5	Greystoke: The Legend of Tarzan Lord of the Apes (PG)	7 p.m.

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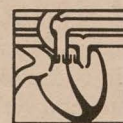
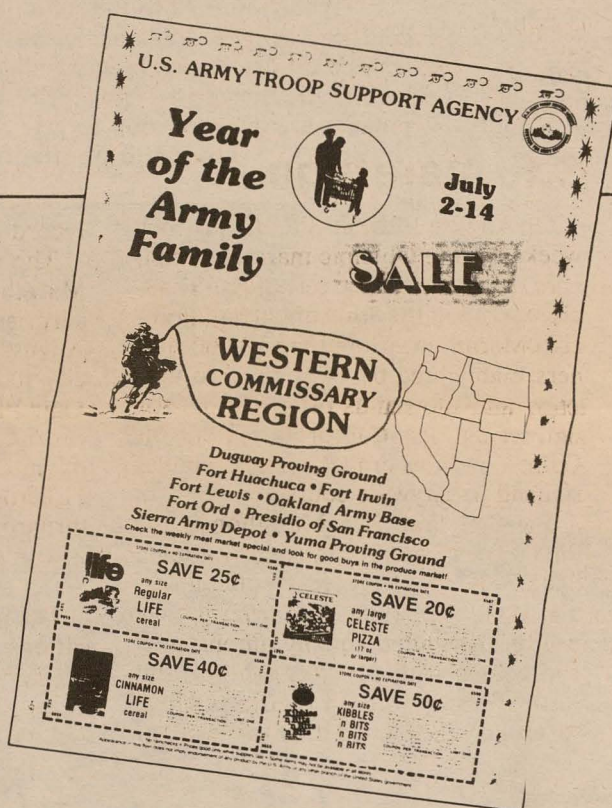
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WHAT IS RHEUMATIC FEVER?

Rheumatic fever is an inflammation that may affect the heart, joints, brain or skin. It is almost always the result of a strep throat infection and is accompanied by fever. The most serious result of rheumatic fever is damage to the heart valves. However, heart damage is not an inevitable result of rheumatic fever. The risk of rheumatic fever can be decreased by prompt medical treatment of strep throat infections. Anyone who has been a victim of the disease has an increased risk of recurrence, which can be diminished by long-term treatment with antibiotics. Contact your local American Heart Association for more information.



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Sports

Softball schedule

For those who would like to support your favorite softball team, the schedule at Ft. Scott is as follows:

Time	Field No. 1	Date
5 p.m.	OARB vs. USAG	Monday
6:15 p.m.	Red Cross vs. LAIR No. 2	"
7:30 p.m.	A Team vs. 6th Army Band	"
Time	Field No. 2	Date
5 p.m.	LAMC No. 2 vs. LAIR No. 1	Monday
6:15 p.m.	LEC vs. MSC	"
7:30 p.m.	FBI vs. Four Seasons	"
Time	Field No. 1	Date
5 p.m.	LAIR No. 2 vs. 6th Army Band	Thursday July 5
6:15 p.m.	LEC vs. Vigilantes	"
7:30 p.m.	Doctors Plus vs. FBI	"



Time	Field No. 2	Date
5 p.m.	6th Army vs. LAIR No. 1	Thursday July 5
6:15 p.m.	Attorneys vs. LDS	"
7:30 p.m.	Co. H, DLI vs. Four Seasons	"

WHO'S WHO

If it's true that you can't tell the players without a program, the following list should be of some help:

LAIR — stands for Letterman Army Institute of Research; **LAMC** — stands for Letterman Army Medical Center; **OARB** — stands for Oakland Army Base; **USAG** — US Army Garrison; **MSC** — Medical Service Corps; **FBI** — Federal Bureau of Investigation; **LDS** — Latter-Day Saints; **LEC** — Law Enforcement Company; and **Co. H, DLI** — Company H, Defense Language Institute-SF.

A Team — a LAMC team; **Vigilantes** — a LAMC team; **Doctors Plus** — a LAMC team; and **Attorneys** — a team from downtown San Francisco.

Cdr's golf tourney

The 1984 Commander's Spring Golf Tournament will be held at the Presidio Army Golf Course on July 18 and 19. First tee-off time is 8 a.m. The Callaway system will be used for scoring people who do not have an established handicap at the Presidio course.

Active duty soldiers assigned or attached to the Presidio are eligible to take part in the Senior and Open Divisions. Senior Division is for people 40 years of age and over and the Open Division is for 39-year-olds and under.

Units or individuals who wish to enter the tournament are asked to call the Sports Branch Office at Post Gym #1, bldg. 63, ext. 4120/5032 no later than July 13.

Scuba class

Weekend scuba diving classes are scheduled for Saturday and Sunday through Outdoor Recreation. Classes begin at 8 a.m. and you must be age 13 or older to participate; cost is \$85 per person. For more information, call Outdoor Recreation at 561-4324.

Infantry marathon

The second annual US Army Infantry Marathon and Half Marathon will be run January 27, 1985, at Ft. Benning, Ga. It is open to civilians and soldiers running either as individuals or

as a five-member team. The course is flat, fast and certified by The Athletic Congress (T.A.C.).

The marathon entry fee will be \$10 per person and must be sent by letter postmarked no later than December 27, 1984. Entry blanks are available by writing Capt. Richard Borja, PO Box 1817, Ft. Benning, Ga. 31905.

Softball standings

Team	Win	Loss
A Team	10	0
OARB	10	0
6th Army	8	1
Co. G, DLI-SF	7	3
USACC	6	3
Red Cross	6	3
Attorneys	6	3
USAG	7	4
864th Engineers	7	4
LEC	6	5
LAIR No. 1	5	4
LAMC No. 2	4	3
Doctors Plus	5	5
DEH	5	6
FBI	3	6
Four Seasons	3	7
Co. H, DLI-SF	2	6
MSC	3	8
6th Army Band	2	7
Vigilantes	0	9
LDS	0	9
LAIR No. 2	0	11

At the end of league competition August 2, the top 12 teams will compete in the post championships from August 6 to August 16.

Ballet class

Parents who want their youngsters, ages 6 and older, enrolled in ballet classes are asked to call Helen Piernik at 994-0681, between noon and 2 p.m. weekdays. Classes are held every Monday, Tuesday, or Thursday in bldg. 1390, behind the Ft. Scott Chapel.

S.F. marathon

On August 19th, at 8 a.m., just one week after the Olympic marathon, runners will take to the streets of San Francisco to run in the 8th Annual San Francisco Marathon. More than 10,000 runners, highlighted by Olympic-class athletes, and thousands of spectators still sightseeing in California after the Games, will be drawn to this popular run and its citywide course.

The San Francisco Marathon is the third largest marathon in the United States. The race has recently announced a \$50,000 prize fund. The prize money will be distributed equally among men and women with \$10,000 going to the fastest finisher in each division, \$5000 to second place and \$3000 to third. In

the master's category, for both men and women, the winner will receive \$500, the runner-up \$300 and third place, \$100.

For added incentive in this Olympic year, a \$2500 bonus will be awarded if either of the winners better the Olympic championship time posted in the Games in Los Angeles the week before.

Since the first San Francisco Marathon in 1977, the field has grown from 800 runners to the 10,000 who participated in 1983. The men's winning time has dropped over ten minutes in eight years to the course record 2:14:30 set by Miguel Tibiduiza in 1982, while the women have improved by almost 18 minutes to Janis Klecker's 1983 course record of 2:35:43.

The popularity of the San Francisco Marathon has been due, largely, to the surprisingly flat course, the ideal August weather and the scenery of the city itself. The race begins in Golden Gate Park, passes through the financial district to the halfway point in Chinatown, then along the Embarcadero past Fisherman's Wharf to the Fort Point turnaround under the Golden Gate Bridge and on to the finish up Market Street at City Hall.

For more information or race applications send a self-addressed stamped envelope to the San Francisco Marathon, P.O. Box 27385, San Francisco, CA 94127.

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VIETNAM VET collector wants to meet others who've brought memorabilia/militaria. Paul Fujinaga, 321 Grant, No. 507, SF 94108. 415-981-7830, weekdays.

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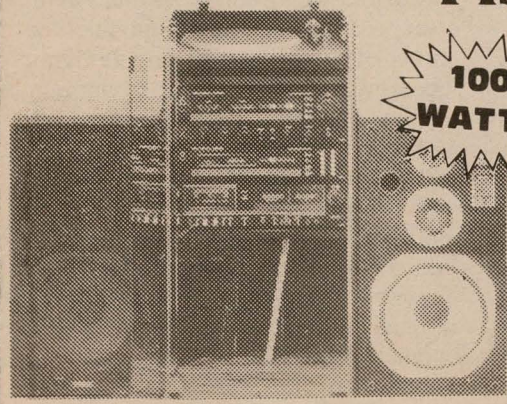
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making history come *alive*
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how to 'phone home'
page 5

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Star Presidian

Vol. 27, No. 26

"Published in the interest of the people of the Presidio of San Francisco."

July 6, 1984

News briefs

Star Presidian changes

The *Star Presidian* has changed publishers as of July 1. Deadline for publication submissions is now Mondays at 9 a.m. at the *Star Presidian* office, bldg. 37, room 212.

Delivery has also changed to Fridays, instead of Thursdays.

For more information, call the editor at ext. 3908 or 2005.

Hispanic week

National Hispanic Heritage Week is an annual event designed to promote appreciation and awareness of Hispanic American culture. Activities will be planned and coordinated to recognize this event.

Volunteers, both military and civilian, interested in sharing their talents and ideas in planning the week's activities are welcomed. Interested Presidians should meet with MSgt. James L. Williams and Ms. Eleanor Castorena at the Presidio NCO Club July 13 at 11:30 a.m. for a working and planning luncheon.

Point of contact for more information is MSgt. Williams at ext. 4602/6084.

BSEP class

If you're planning to take an ASVAB to raise your scores to reenlist, qualify for a school or change your MOS, enrolling in the next BSEP class may be exactly what you need to sharpen your basic skills.

The next BSEP class will be held at the Education Center, bldg. 1216, 8 to 11:45 a.m., from July 9 through September 21.

In addition to helping students prepare for the ASVAB, the classes also are good preparation for high school GED tests.

If you need more information or want to enroll, call the Education Center, at ext. 2974/4445.

Reading program

Join the U.S. Reading Team and "run for reads" - 1984 SUMMER READING PROGRAM at the Post Library.

All children of the Presidio Post Library System who are in grades 1 - 8 are invited to join the SUMMER READING CLUB.

Register on July 2, at the Main Post Library, bldg. 386, for the SUMMER READING CLUB; book reporting begins on July 9. Please call 561-3448/5037 for more information.

Have a safe 4th of July weekend!



June SOM...second to none

by Pat Barham

Sp4 Ronald Heath, USACC, was recently selected as the Presidio's Soldier of the Month for June.

Heath competed for the top honor against three other nominees to capture the title. Heath attributes diligent studying to his win in the competition.

Heath, a slender Data Communications Switching Center Specialist, attributes most of the credit for his success to Sgt. Roger Henson, the section NCOIC.

"I spent a lot of time studying for the board. Sgt. Henson worked with me for at least an hour a day asking me questions from the study guide. Without his help I never would have won," Heath said.

Hailing from Pittsburg, Calif., Heath reenlisted for the Presidio after serving with the 56th Signal Co. in Livorno, Italy. "I came here on Jan. 21 and have only been here a little over six months. I like the area, it's close to my home and a soldier couldn't ask for anything better than that," he said.

Married with one child, Heath was surprised when he won the title.

"I went home from the board and changed my clothes. I returned to work and minutes later the unit first sergeant called me. He said that the commander wanted to see me and to come to the unit as soon as possible. I went to the company and was

told to wait for the commander. I asked what I had done, because I didn't think the results of the board would have been completed. The commander (Maj. Phillip G. Patterson) then told me that I had won. The first thing I did was call home and tell my wife."

Heath, who plans to make the Army a career, has a number of hobbies that he enjoys in his off-duty time. "I like sports, all sports, and I really enjoy tinkering with electronics and models. I try to combine the two when I can by building remote control toys."

As Heath said, "I don't like being second to anyone." That says a lot for someone who is looking for higher goals in the military.

"I have met one of my goals by winning the Soldier of the Month award, but I plan to win the Soldier of the Year competition when it comes up."

"I like to travel," said Heath, "that's one of the reasons that I came into the military. If I have to go somewhere else I would like to go to Germany."

"The board showed me that there are always areas that a soldier needs to improve in; some of the questions given to me set me back a little. In some areas that I thought I was good in were a little hard at first, but I guess that some of my forgetfulness was due to nervousness."

"The main thing I have to remember is that there will be other boards and that I will have to study and improve if I want to be the best," he concluded.

Opinions

TAKE A BITE OUT OF CRIME

Along with "Stars and Stripes Forever," Fireworks have become synonymous with Independence Day Celebrations. As the Fourth of July weekend nears, you should be aware that fireworks produce injuries -- an estimated 8,200 in 1983.

Many fireworks-related injuries can be prevented by using common sense. Yet even under the safest conditions, fireworks, firecrackers, and sparklers can be extremely dangerous, causing injuries ranging from burned fingers to lost eyesight... or even death! Army regulations prohibit the use of any type of fireworks in military installations except in professional public displays.

The Presidio Provost Marshal Office urges those individuals who do decide to use fireworks off the installation to use them with the following precautions:

- Be sure you act legally. Check your state or local fireworks control laws. Fireworks are illegal on the Presidio.
- Check for manufacturer's labeling. All Class C fireworks must have proper warnings printed on the package.
- Always read the instructions.
- Always have an adult present for proper supervision.
- Never allow children to handle fireworks.
- Never experiment, take fireworks apart, mix anything with fireworks contents, or try to make fireworks yourself.
- Always light fireworks outdoors in a clear area away from houses and flammable materials.
- Light one device at a time. Maintain a safe distance after lighting each one.
- Keep a water source nearby for emergencies.

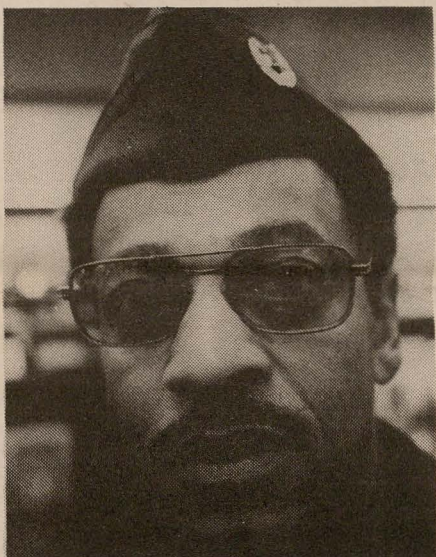
- Dispose of fireworks properly: soak malfunctioning devices in water.
- Always store fireworks in a dry, cool place and avoid rough handling that might damage the fuse or handles.
- Never ignite fireworks in a metal or glass container.

The safest and most colorful way to enjoy fireworks on the Fourth of July is at a public display. The professionals who stage these are real artists and experts. You can judge a show's quality by the colors: a deep blue is one of the hardest to achieve; the number of "breaks" or individual explosions in each aerial shell, and by the pacing of the displays. Keep at least 500 feet back for the best, and safest, viewing.

Remember, the use of any and all fireworks is prohibited on the Presidio. Don't ruin your Fourth of July weekend by being detained and ticketed for illegal use of fireworks. Make this weekend a safe one for all involved and enjoy the public fireworks displays.

Ramblin' Sam

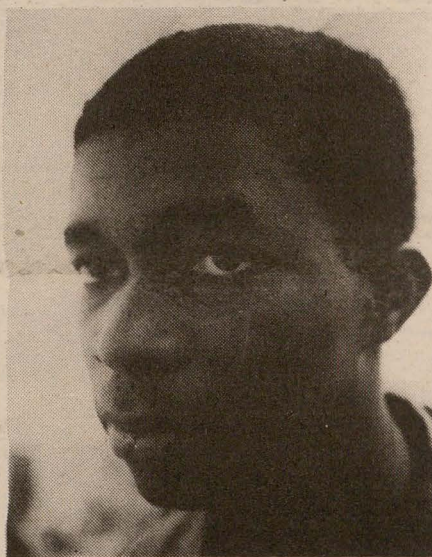
"How could the Army save money?"



MSgt. L.C. Shorter, logistics NCOIC, 6th Western Recruiting Brigade, Ft. Baker, "I think money could be saved by cutting back the civilian employees for jobs that the military is trained for themselves. Consequently, troops may be doing jobs they aren't trained for."



Marcia Shernoff, family member, "The Army could save money by not moving people so often. We've only been here two years and we're moving already. If tours were longer it would save money on moving."



Sp4 Gregory Jones, cook, 170th MPs, "Money could be saved by speeding up the paperwork process. It takes so long to process things. Time is money!"



Sp5 Margo Sonderleiter, legal clerk 74th JAG Detachment, "Money could be saved by making sound procurement and contracting practices to ensure that equipment that is purchased is designed to do the job, is easily maintained and serviced by the troops and purchased at the best price."

Editorial

Government by the people...but only if you **VOTE!**

Washington—The following text, released by Defense Department officials, is a joint memorandum for all military personnel from Secretary of Defense Caspar W. Weinberger and the Chairman, Joint Chiefs of Staff Gen. John W. Vessey, stressing the importance of our right to vote:

"Every four years we as U.S. citizens have an opportunity to elect a president and other national leaders. Men and women in the military service should have a special interest in our electoral process since that is one of the basic freedoms they have pledged to defend. Like 74 million other

Americans, more than half our citizens in uniform did not vote in 1980. Many thought their vote wouldn't make a difference or they thought none of the candidates deserved their vote. If you do not vote, somebody else will make decisions for you. It is important that each of you participate in the election process. Our President and members of Congress, state and local officials, all make decisions that affect each of you. Don't let somebody else select these leaders for you. Commanders at every level of command have been directed to provide assistance to each of you to be sure that you

have the opportunity to vote. Many states have changed their procedures to make it easier for you to vote. Each military unit has a voting assistance officer or counselor to assist you in the voting process. If you don't know who to go to for help, ask your commander. You must *act* to vote. No one can make you vote. A number of elections are decided by a few votes. Your vote does count. It can make a difference. Be sure you participate and vote."

(ARNEWS)

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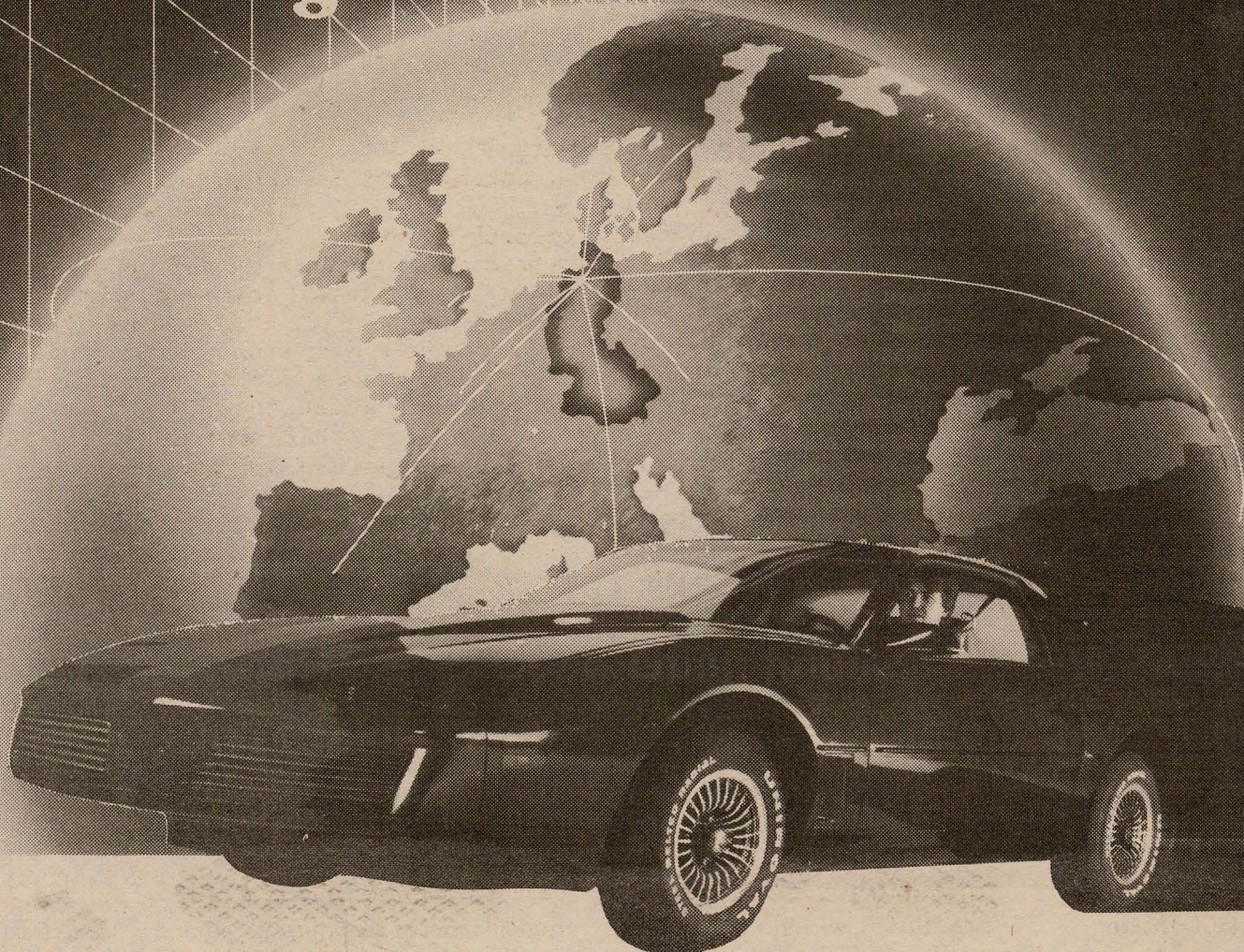
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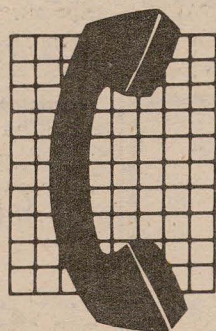
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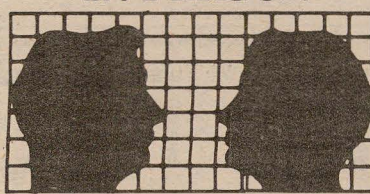
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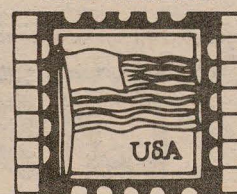
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Vets replay history

By Pat Barham

If you see a World War II vehicle with odd-looking guys dressed in the traditional garb of that era lurking on the Presidio, don't be alarmed. There is a group of people who travel throughout the state doing just that as part of their military training.

This unique group known as the reenactment group of the California State Military Reserve's historical detachment, travels through the state displaying memorabilia of that era. Composed of about 12 to 18 people, the vehicle detachment is largely a volunteer force. According to Tom B. Phair, executive officer for the group, "All the vehicles used are privately owned by those who are in the group. We are all collectors by heart and enjoy what we are doing."

Affectionately known as the "over-forty group," the team meets once a month for drills and when they get together for an exhibition that has been requested.

"We support the state Reserve and any active duty installation who requests us," said Phair.

Anyone can request the group and their vehicles for a display but each request is examined and then approved or disapproved depending on the availability or logistics involved.

"We have traveled from one end of the state to the other promoting the Reserve and giving a little insight into the machines of the World War II era. It's a delight to see people who are interested in our vehicles," said Phair.



photo by Richard Wetzel

Richard J. Spear stands ready to fight as members of the State Military Reserve Historical Unit show their World War II era vehicles to visitors at the Presidio.

Other units within the State Military Reserve Historical Unit include, cavalry, museum and salute battery units which perform throughout the state.

Richard J. Spear, another member of the unit explained that "The concept for this type of unit began some seven years ago when the idea of car-

rying on some of the information and ideas that the Army once had would be a good idea. There were a lot of people who had vehicles and were interested in history in the unit so we got together and made it work."

Under the direction of the Center of Military History the historical unit of the State Military Reserve was

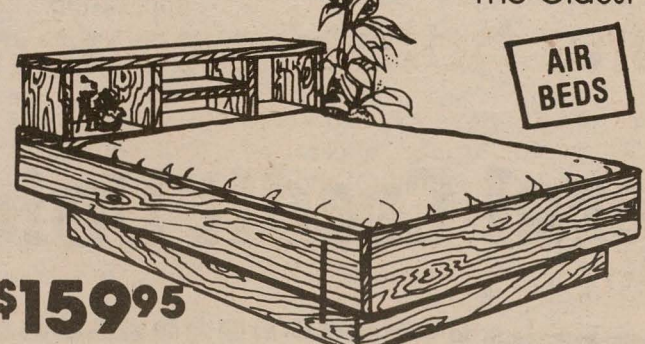
then formed. Commanded by Brig. Gen. Donald E. Mattson the unit in its own way displays a little bit of history for all to see. Phair said, "It's like a doorway to the past for some of us. Through our efforts soldiers and civilians alike can get a glimpse of the soldiers of the past."

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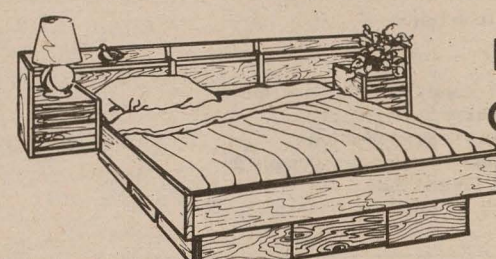


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Lady Liberty gets a facelift

The Statue of Liberty has stood majestically for nearly a century as a symbol of freedom, but time and corrosion have taken their toll. Instead, that great lady is coming apart at the seams. And her 100-ton outside skin of hand-hammered copper is also in bad shape.

About two years ago, President Reagan and then-Secretary of Interior, James Watt, appointed a high-powered commission to fix all that, and more, including the restoration of nearby historic Ellis Island, where millions of refugees and immigrants first set foot on American soil.

The commission, headed by Chrysler Corporation's Lee Iacocca, intends to raise \$230 million toward the projects, to set up centennial commemoration events through 1986, and to plan for continuing support for the two national monuments.

The initial phase of this restoration project began in January with the unloading on Liberty Island of construction material for the scaffold, which now surrounds the statue completely.

It will remain in place throughout the two-and-one-half year restoration project.

"We want people to be aware that Liberty Island will remain open throughout the restoration process, and we feel that a visit to the statue at this time will be an unusual and historic opportunity to see one of our nation's most meaningful symbols in the process of rehabilitation," said Russell E. Dickenson, Director of the National Park Service.

A commission spokesman said, however, that sections of the statue's interior will be closed from time to time as the work progressed.

All work on the statue and grounds is scheduled for completion before July 4, 1986. The 100th anniversary of the statue's unveiling and dedication will be celebrated by a rededication ceremony a few months later, on Oct. 28.

How bad is the deterioration? E. Blaine Cliver, chief of historic preservation North-Atlantic Region for the National Park Service, said "major renovation work on the statue's iron framework and copper skin is needed now to preserve the monument and to avoid serious future problems. Safety

isn't a critical issue at present, but it could be in the future."

Her upraised torch may be removed to reinforce the thinning copper skin on the hand, torch and iron skeleton. Even worse, according to a Park Service spokesman, is the condition of the mammoth network of underpinnings. Corrosion is causing weakness.

How will the statue look when the work is finished?

Liberty's external appearance will be left essentially the same. "We will take every step to assure that she remains as majestic and beautiful as she is today," Dickenson said.

Originally known as "Liberty Enlightening the World," the statue was designed by Frederic Auguste Bartholdi, a French sculptor. The French raised \$400,000 to have it built. When completed and presented to the U.S. in Paris in 1884 as a gift from the French people, the statue was dismantled and shipped to America.

Underpinnings for the statue were designed by Gustave Eiffel, the engineer who later designed the Eiffel Tower.

Americans raised an additional \$270,000 to build the base for the statue. On Oct. 28, 1886, President Grover Cleveland dedicated the statue at a gala celebration in New York Harbor.

Liberty stands 151 feet high on an 11-point base. Natural corrosion of the reddish copper skin gives the statue its familiar bluish green color. Any new skin will be specially treated to match this color, according to commission officials.

Inside the giant structure major changes to accommodate visitors will be made. These include installing wider railings and other safety features on the spiral stairway, which goes from the top of the pedestal to the viewing area in the crown.

The existing elevator, which carries visitors from ground level to the viewing balcony, will be replaced with a larger, more modern one, improved for use by disabled visitors.

Closed-circuit TV cameras will be installed inside and outside for viewing by those unable to climb inside the statue.

Plans for Ellis Island are still on the drawing board, but restoration work on



the Great Hall of the main registry building, where millions of immigrants were given medical and legal examinations, is expected to be completed by July 1986.

The Ellis Island centennial will be celebrated in 1992 with the opening of an historical museum and 33 refurbished buildings. These brick buildings were built in 1897 when the original wooden buildings burned down.

About 2,250 immigrants were processed on the island the day it opened, New Year's Day, 1892. By the time its doors closed in 1954, more than 17 million had passed through.

In 1903, a bronze plaque with the sonnet, "The new Colossus" composed by the American poet and essayist, Emma Lazarus, was affixed to the statue.

It strengthened the tie between the statue and immigration in the following final lines:

"Give me your tired, your poor
Your huddled masses yearning to
breathe free,
The wretched refuse of your teeming
shore,
Send these the homeless, tempest-tost
to me,
I lift my lamp beside the golden
door!"

Today, more than 100 million Americans or about 40 percent of the population can trace their ancestry to family members who entered the U.S. through the Ellis Island gateway.

For further information on the restoration program, contact:

Statue of Liberty-Ellis Island Foundation, Inc.

P.O. Box 1986

New York, N.Y. 10018

(American Forces Press Service)

Calling MARS—how to 'phone home' economically

by Bob Walker

MARShins have a station established on Deems Road overlooking the Presidio. Tucked away in the trees at bldg. 314 only their high reaching antenna gives away their presence. They come in peace and are here only to serve the people of the Presidio.

In this case the MARShins are the people manning MARS (Military Affiliated Radio Systems). The purpose of the station is three-fold in nature. The first is an emergency command communications mission used when regular communications are unavailable. This type of transmission uses high frequency radio waves to operate between long distances.

The MARS Gateway Program has a two fold mission. Used in emergencies, messages can be broadcast in

lieu of normal communications, i.e., phones, telegraph, etc. The second part of the program known as MAR-Sgrams is a system where soldiers can transmit messages from CONUS to Europe. Considered morale and welfare builders this unique service is free.

Secondly, under the Gateway program the MARS Station can handle phone patches from Europe or the Orient to the United States allowing soldiers the opportunity to call home at no (or reduced) cost.

According to SFC Horace Franklin, operations sergeant of USACC, Presidio, "There is a 30 word limit to messages under the MARS program, people who want to communicate to someone overseas can send more than one message at a time."

The MARS program is open to families in the armed forces and authorized government civilian employees. This allows free (or much cheaper) communication to separated families and loved ones in the U.S., Hawaii, Korea, Germany, Okinawa, Japan, the Philippines or Alaska. (You pay only for the cost of the call from the MARS station to your home).

According to Franklin, "You can call our extension (561-5121) any time of day we are open 24-hours a day." It is recommended that messages be sent during the slow hours of midnight to 8 a.m. for the fastest service possible.

Franklin is now working on a plan that will have drop boxes at specific areas on post for messages. People who want messages sent just fill out

a form, place it in a box in their area to be sure that the message will be sent quickly by the MARS Station.

Franklin said, "Messages are received in Korea in only one to one and a half days—faster than mail going to Korea." The Presidio MARS unit covers the 15 western states and the Pacific area (Hawaii, Korea, Japan). Other Gateway stations are located at Ft. Bragg, N.C. for the southeast, Ft. Meade, Md. for the eastern states and Europe (Germany) and Ft. Sam Houston, Texas, for the central states.

An average month involves sending about 2,500 messages from the Presidio station. During the holidays the number nearly doubles the 2,500 figure.

If you need a message sent somewhere fast, contact the Presidio MARShins. It's out this world!



Marie Jo Westermeier hand sculpts a pot. She is designing her own tea set and dishes in the potter's studio.



Potter Jane Fabiny throws a pot on the wheel; pots in foreground were made by Christy Dougherty.

Craft Shop

How to have fun and save money at the same time!

by Bob Walker

So you like to work with your hands, but you can't find anyplace to build your stereo cabinets (your roomie says the sawing keeps him awake)?

Has the Craft Shop got a deal for you!

The Arts and Crafts Center in building 122 at the corner of Lincoln and Riley is open Tuesday through Friday from 4 to 10 p.m. and Saturday from 9 a.m. to 5 p.m. The facilities are available for active duty and family members, retirees and family members, reservists and DOD civilians working at the Presidio.

Woodworking, upholstery, pottery, glass sandblasting, stained glass, ceramics, photography, painting and lapidary shops are found within the Center.

Classes are given in most of the shops. Professional instructors are on hand to teach and help you complete a good finished product. The Center has a store which sells supplies needed for most projects.

A family day is held every Friday which allows children to come in and make things with their parents in all areas but the woodshop. On other days, the youngest people allowed in the shops are 14-year-olds, who must be accompanied by an adult.

The price is right for using the center's equipment. It costs only one dollar a day, regardless of how much equipment you might use. Classes are priced based on duration and materials supplied. All fees are held to a minimum.

An exhibit of crafts made by Craft Shop patrons is held each year, the last two weeks of August. A large room upstairs is then turned into an arts and crafts gallery.

According to Dean Steiner, the director of the Center, "People use the facilities for various reasons, some use it because of the price of the items they create which they couldn't afford to buy on the economy. People are able to do upholstery, and make furniture and dinnerware inexpensively. Also there are some things not available off post which they can make. Others come here just because of the convenience. Every type of person comes into the center—from beginner to the professional. All the instructors are experts in their fields, so they can take people from mere beginners to experts in competency."

What crafts seem to be the most popular?

"The 60's macrame type thing has come and gone. High tech objects that the people

can make themselves is what's 'in' now. Three classes that can always be filled are woodworking, photography and stained glass," Steiner said.

For those who haven't tried the facilities, Steiner said, "I think people would be very surprised at the wide selection offered here and the expertise. It's not just a hobby center; it's for hobbyists and for recreation and relaxation. It's also for those who want professional guidance in crafts."

Will there be any new classes taught this year?

Steiner said this fall a framing shop will open, allowing people to frame their certificates, favorite photos, posters, paintings and prints. People will be able to make their own frames or have the shop make frames for a nominal fee. Anyone desiring other classes not offered should contact the facilities at 561-4497. Classes may be started if there's enough interest in a particular area.

But what do patrons have to say about the center?

Patricia White, a DA civilian said, "It's a marvelous facility. It's amazingly under-

utilized. The classes and the facilities are exceptional.

"The wood shop has been valuable to me as I've been remodeling my camper. I've also learned German folk art painting and stained glass. For the cost of the classes, it's incredible the amount of personal attention you get. The Center is a wonderful fringe benefit."

Lisa Kanemoto, a family member said, "I think that of all of the military posts I've been, this Center is the best I've seen. I use the photo shop—The people, including the instructors, are very kind. The facilities are great for morale; I wish more people knew about it and the possibilities there are."

Petty Officer 2nd Class Ronald Martin said, "My wife and I work in the woodshop. We've made cutting boards and we are making cabinets right now. It's pretty good; there's satisfaction in making things yourself."

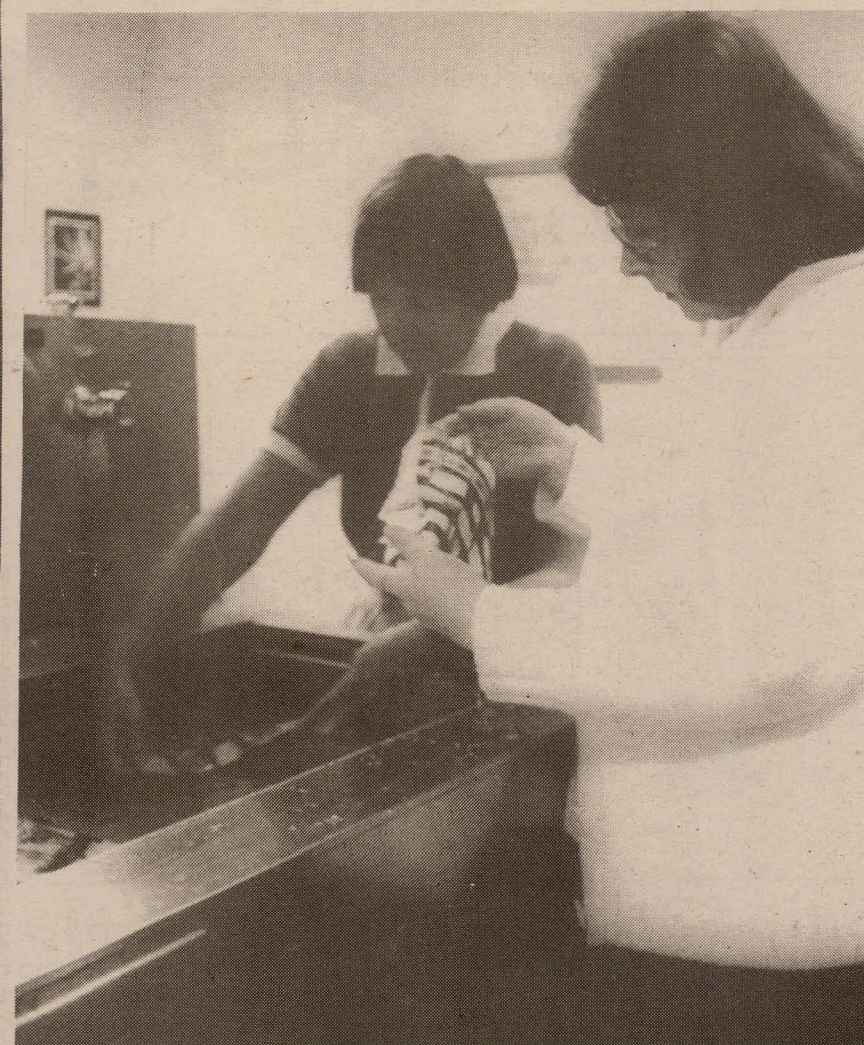
So, get acquainted with the Arts and Craft Center to find the satisfaction of making things yourself.

Handmade items make great presents and you can have a lot of fun making them.

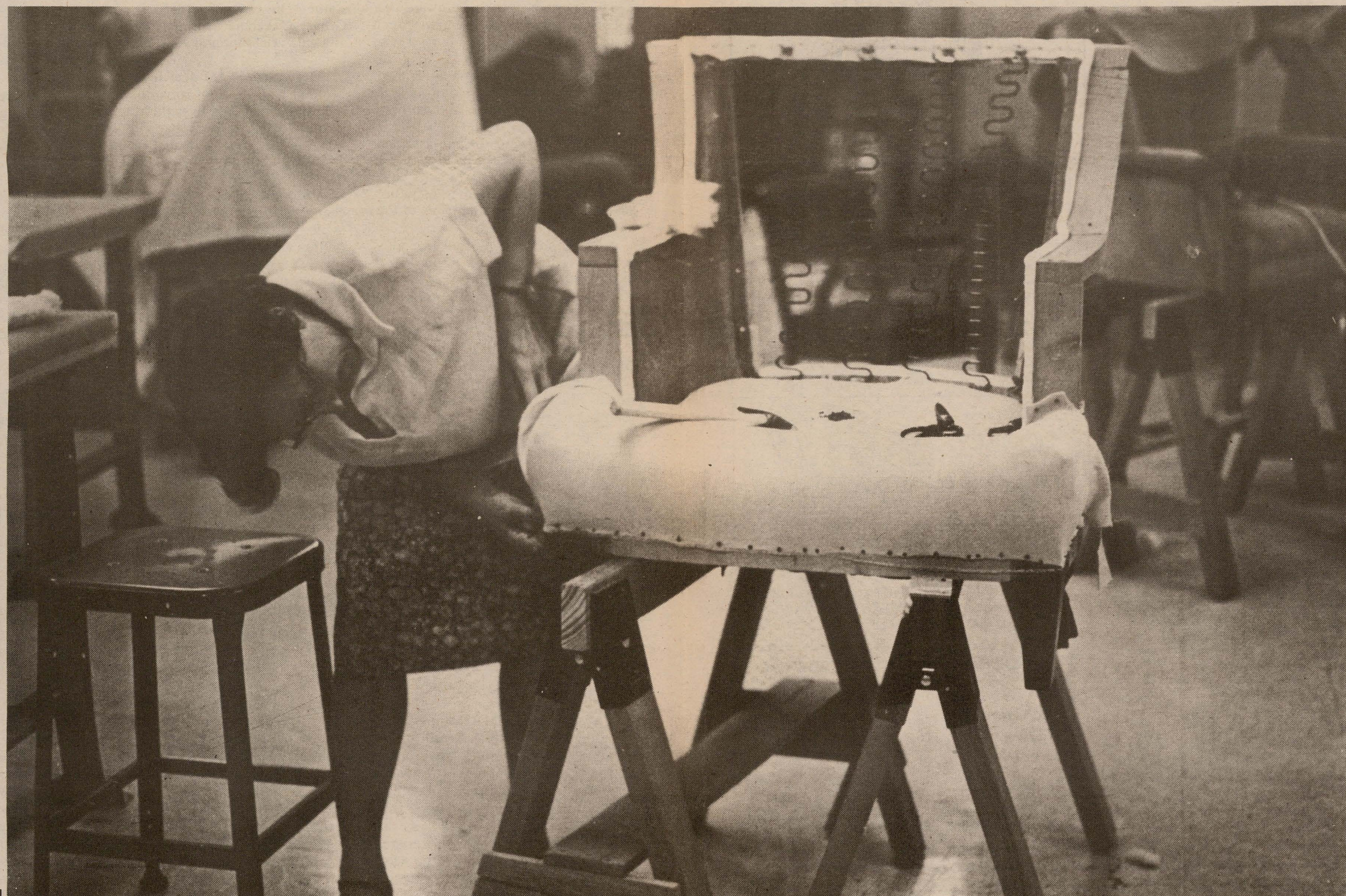
photos by Steve Metcalf



Larry Sack works inlaying walnut in a bench seat.



Sheridan Richardson (foreground) and Madge Kazlusky process photo sheets in the photo class.



Upholstery class, a 13-week class that allows the patron ample time to completely reupholster a family couch or chair.

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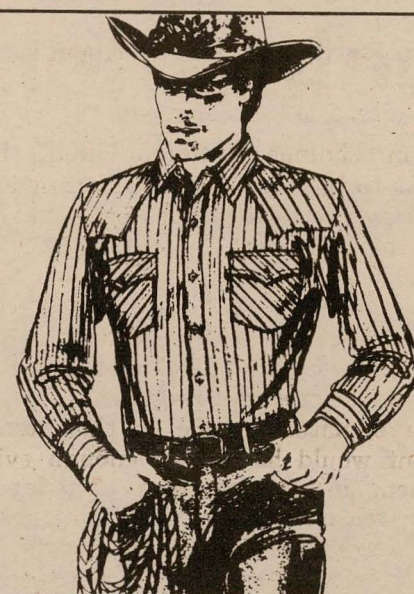
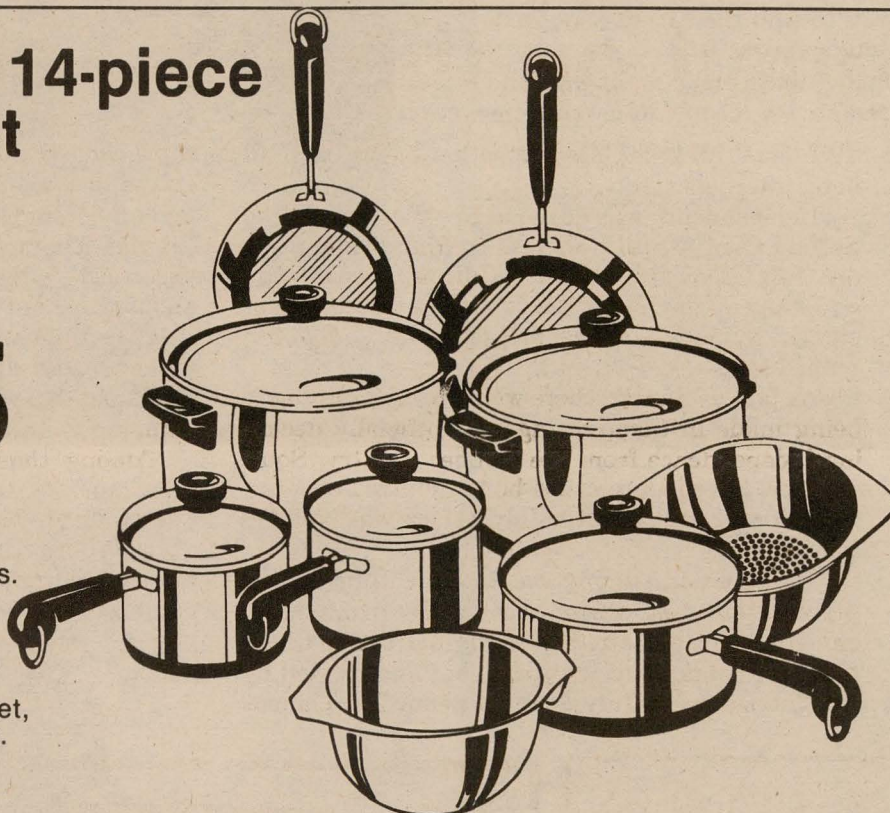
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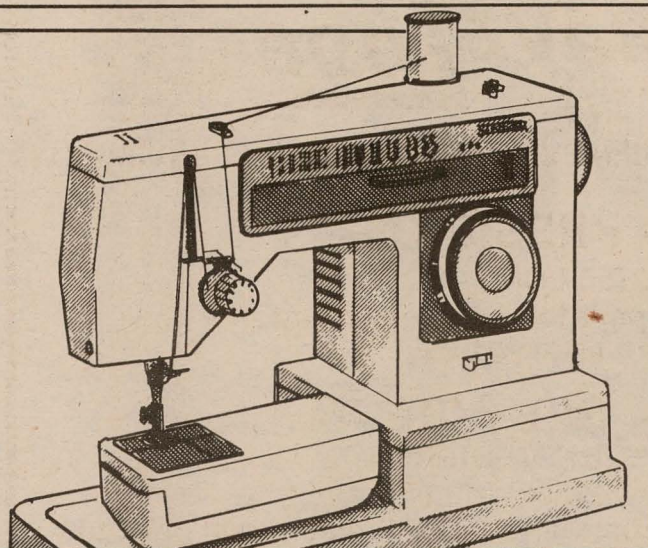
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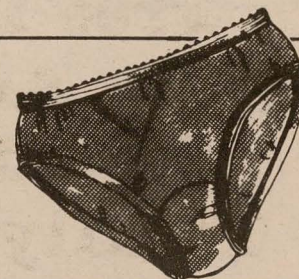
Singer model 6136 free arm stretch stitch sewing machine. Features built-in button holer and 14 built-in stitches. Solid state speed control maintains an even speed over heavy seams. 110V, 60Hz



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GE "Voyager" cordless phone. Privacy system reduces interference, 256 anti-piracy security codes block unauthorized calls. Pulse dialing remote handset with redial & mute. Recharge cradle allows use in any 110V outlet room. 1,000 ft. range. #2-9650

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Community Calendar

Kidnapping

How many times have we said it can't happen to my child?

The U.S. statistics on child kidnapping/stealing are:

205 children disappear each hour

4932 children disappear each day

2 million children disappear annually

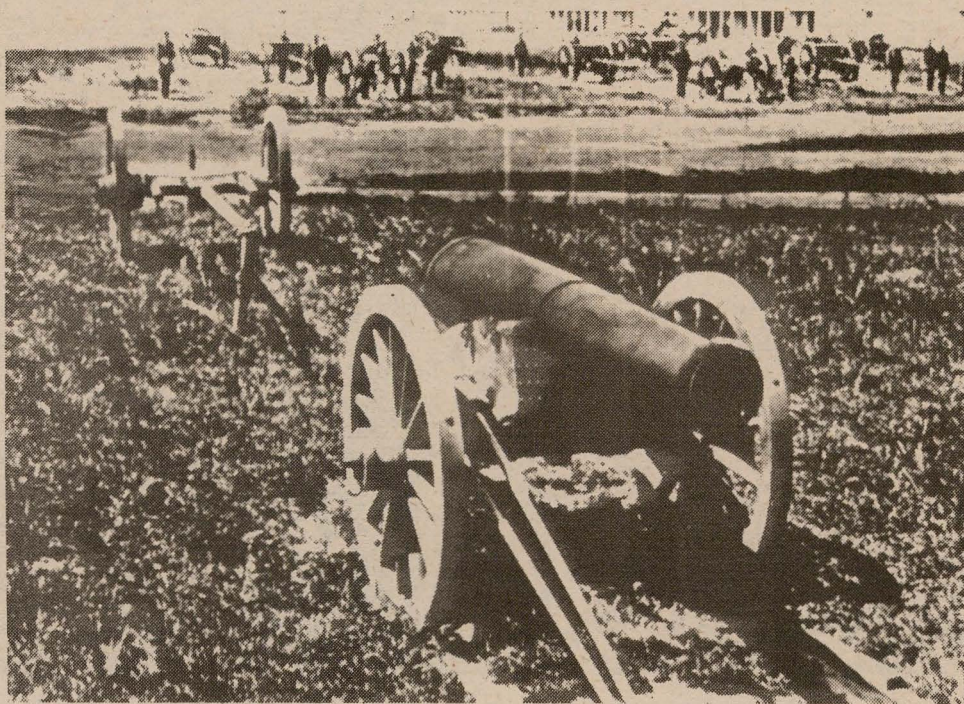
2,000 to 3,000 children are found dead and buried in John and Jane Doe graves annually.

Could *my* child be stolen?

YES, all children are potential victims of kidnapping. Our children deserve to live in a world free from abduction. Every parent has the right to know that their child is alive and well.

On July 9, 1984 at 7 p.m., bldg. 385, at the Presidio Cultural Center, there will be a seminar on Prevention of Child kidnapping/stealing. The seminar will be open to the public and free of charge. The lecturer will be Georgia K. Hilgeman, executive director of the Bay Area Center For Victims of Missing Children and a parent victim of child kidnapping. Come hear this expert on the subject of missing children.

This worthwhile project seeks solutions for what has become a nation-wide problem. The seminar is sponsored by the Enlisted Wives Club of the Presidio.



Historic photo

This cannon of yesteryear was once part of the United States Army artillery at the Presidio. Some of the old cannons may be seen outside the Presidio Museum.

Theater changes

Effective Saturday, July 7, the post exchange will discontinue the theater's Saturday afternoon children's matinee due to the limited availability of "G" and suitable "PG" rated movies. A Sunday matinee showing of the movie

scheduled for the evening performance will begin Sunday.

Blue Cross/ Shield

Bernice Morgan, A Blue Cross/Blue Shield representative will be at the Presidio on Tuesday, July 31. She will be available from 8:30 to

11 a.m. in the Civilian Personnel Office (CPO), building 37, to talk to people who may have questions or problems about their policies. Those who wish to see Ms. Morgan are asked to bring all paperwork relating to their questions or problems.

Please call JoAnn Pellegrino at CPO, ext. 5757, to arrange an appointment.

City College

Is a college education worth it?

Find out by attending a free workshop conducted at Holy Names College (McElroy Hall), 3500 Mountain Blvd., Oakland, on July 14 from 1 to 3:30 p.m. This is not for high school students but geared to adults who have been out of school for some time. Topics include "Trends and Transitions in Careers and Education," "Financing a College Education" and "A College Education Can Be Tax Deductible."

Reservations are necessary and can be made by calling 436-1120 no later than July 9.

Open house

The Presidio Arts and Crafts Center is sponsoring a Open House, today from 4 to 9 p.m. A wide variety of crafts will be on display; refreshments will be served. For more information call the Arts and Crafts Center at 561-4497.

... the write stuff ...

by Richard Wetzel

Before you deposit that dime... you'd better dig a little deeper for another. Pay phones are now demanding 20¢ for a call... I guess we can add the 10¢ phone call to the list of other long gone 10-cent items: a can of coke, candy, cigar and a cup of coffee, (is it a conspiracy or just a coincidence that they all start with the letter C)... Or maybe we should add the dime to the list of useless money, such as the penny and the nickel... Maybe somebody will open the "Dime Store Museum"...

A festival of Humphrey Bogart films will be presented on six consecutive Tuesdays at the UC Theater in Berkeley. Included in the festival are such classics as *Casablanca*, *They Drive By Night*, *The Maltese Falcon*, *The Big Sleep*, *The Caine Mutiny*, *To Have And Have Not*, and Bogart's last picture, *The Harder They Fall*...

If you missed the hysteria the first time, be on guard....."Beatlemania" is about to strike again when the Broadway smash hit of the same title opens for one night only at the San Jose Center for the Performing Arts. Tickets are \$14 and \$16 and available through major ticket outlets..."By

George," said Paul, sitting on the John, "Where did my ring go?"... snicker snicker...yeah, yeah, yeah..... Nothing like getting spastic on a Friday morning....

The San Francisco Repertory Theater is moving outdoors this month for six FREE performances of Shakespeare's "Measure For Measure," a comedy about adultery, every Saturday and Sunday through July 22 on the east lawn of the Flower Conservatory, Golden Gate Park... Marriott's Great America salutes the military July 21 through the 29th. For these days only, tickets will cost \$7.50, a savings of \$5.45 from the regular price. Tickets may be purchased at the Presidio Rec Center ITT Office, in building 385. Tickets must be pre-purchased....The Rec Center is continuing it's Computer Certification Classes, Tuesday and Saturday, July 14. Cost is \$10 per month...The Russian River Canoe and Wine Tour is yet another great tour sponsored by the Rec Center August 11. Cost is \$30, please register early.

QUOTE OF THE WEEK: "I knew something was in there, but I wasn't sure...."DOT DOT DOT....yeah, sure!!!!!!!!!!!!

MUSICAL SNUFF.....Oingo Boingo and Wang Chung will perform two shows at Marriott's Great America Saturday, 3 and 8 p.m....(no, I didn't just make up those names, although maybe I should have)...The Concord Pavilion presents the Pointer Sisters with O'Bryan, July 27 and Herb Albert and the Tijuana Brass Aug. 2...The Greek Theatre in Berkeley has lined up the Crusaders July 20, Julio Iglesias July 22; Frank Zappa July 27; the Go-Go's Aug. 3; the Eurythmics Aug. 24; The Pretenders Sept 1; and Elvis Costello and the Attractions with Nick Lowe and his Cowboy Outfits Sept 14. and yes, even more concerts....The Circle star Theatre, San Carlos, presents Smokey Robinson July 13, 14; Kenny Rogers July 19, 20, 21; Ronnie Milsap with Exile July 29 and Englebert Humperdink Aug. 3, 4, 5.....a little something for everyone...

Originality is the fine art of remembering what you hear, but forgetting where you heard it....too bad I didn't think of that myself. Dean William R. Inge said that, and he probably got it from a book of quotes, just like I did....oh well....

At the movies

Presidio Theater

July 6	Breakin' (PG)	7 p.m.
July 7	Superman II and Superman III (PG)	7 p.m.
July 8	Firestarter (R)	2 & 7 p.m.
July 9	Firestarter (R)	7 p.m.
July 10	Swing Shift (R)	7 p.m.
July 11	Swing Shift (PG)	7 p.m.
July 12	Finders Keepers (R)	7 p.m.

Schwartz Theater

July 9	Breakin' (PG)	7 p.m.
July 11	Firestarter (R)	7 p.m.
July 12	Swing Shift (PG)	7 p.m.

Sports

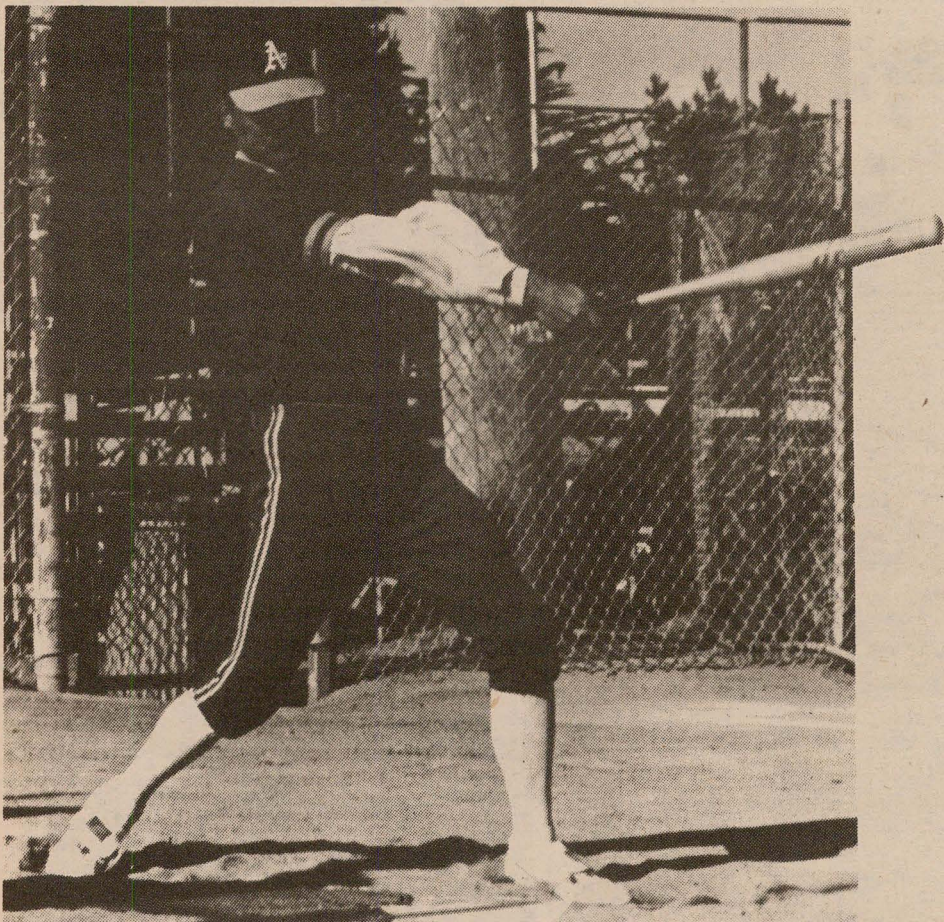


photo by Richard Wetzel
Mike Rauschenbach bats one for Oakland Army Base in their victory game over Sixth Army last week.

Who's Who In Sports

You say you can't tell the players without a scorecard? Well, that's easy to fix. Here are some listings that should help:
LAIR—stands from Letterman Army Institute of Research; separate

and distinct from **LAMC**—Letterman Army Medical Center; **OARB**—Oakland Army Base; **USAG**—Headquarters, US Army Garrison; **MSC**—Medical Service Corps; **FBI**—Federal Bureau of In-

Ft. Scott softball schedule

For those who would like to go out and support your favorite team, the Ft. Scott softball schedule, beginning July 9, is as follows:

Time	Ft. Scott Field No. 1	Date
5 p.m.	OARB vs. 864th Engineers	Monday
6:15 p.m.	Vigilantes vs. 6th Army	"
	Ft. Scott Field No. 2	
5 p.m.	LDS vs. LEC	"
6:16 p.m.	USACC vs. Red Cross	"
	Ft. Scott Field No. 1	
5 p.m.	OARB vs. LAIR No. 1	Tuesday
6:15 p.m.	Co. G, DLI-SF vs. Co. H, DLI-SF	"
7:30 p.m.	FBI vs. Co. G, DLI-SF	"
	Ft. Scott Field No. 2	
5 p.m.	LAMC No. 2 vs. USACC	"
6:15 p.m.	Attorneys vs. Four Seasons	"
7:30 p.m.	864th Engineers vs. Vigilantes	"
	Ft. Scott Field No. 1	
5 p.m.	DEH vs. LDS	Wednesday
6:15 p.m.	DEH vs. Four Seasons	"
7:30 p.m.	Red Cross vs. MSC	"
	Ft. Scott Field No. 2	
5 p.m.	USACC vs. LAIR No. 2	"
6:15 p.m.	6th Army vs. USACC	"
7:30 p.m.	LAMC No. 2 vs. LDS	"
	Ft. Scott Field No. 1	
5 p.m.	864th Engineers vs. Co. H, DLI-SF	Thursday
6:15 p.m.	Doctors vs. Co. H, DLI-SF	"
7:30 p.m.	OARB vs. USACC	"
	Ft. Scott Field No. 2	
5 p.m.	LAIR No. 1 vs. USAG	"
6:15 p.m.	Red Cross vs. Vigilantes	"
7:30 p.m.	LAIR No. 2 vs. MSC	"

vestigation; **LEC**—Law Enforcement Company; **Companies G and H, DLI-SF**—competing companies from the Defense Language Institute-San Francisco; **USACC**—US Army Communications Command; and

LDS—Latter Day Saints.
A Team—a LAMC-fielded team; **Vigilantes**—LAMC team; **Doctors**—another LAMC team; and the **Attorneys**—a team from downtown San Francisco.

Tennis instructor

George Collier, an U.S.P.T.A.-certified tennis professional, is Presidio's new tennis director for the summer program. However, Collier is not new to the Presidio (or tennis) by any means!
Collier was the pro here from 1978 to 1982, but has been away for the last two years working on special projects.

In addition to his teaching experience here, he is teaching tournament junior tennis in the San Joaquin Valley. He directs tournaments and is a touring professional, this year competing in Men's 35s and Open Championship.

He is also working on a tournament training program for some of the intermediate juniors from the

summer program. Collier can be found on the tennis courts at Infantry Terrace on Tuesdays and Thursdays from 8:30 a.m. to 2:30 p.m., if you or someone you know is interested in private or semi-private lessons.

Army soccer team

Sp5 George Ferguson (USAG) captured a spot on the 1984 Army Soccer Team. He played well in the trail camp at Fort Dix, N.J., and is a returning veteran of this team.

Ferguson was also a top player on the post soccer team.

The Army team will be playing in the Interservice Soccer championship in Norfolk, Va.

Aerobics

Get fit and stay fit! High energy classes including stretching, toning and aerobic conditioning done to pop music, are held daily at Post Gym#1. Classes are ongoing; you can join any time.

Classes are:
• Monday through Friday, 11:30 a.m. to 12:30 p.m.; Sandy Meyer, instructor. For a four-week session, cost is \$25 for 8 classes; \$35 for 12 classes; \$40 for 16 and \$45 for daily

classes with a \$3.50 drop-in fee.
• Tuesday and Thursdays from 4:30 to 5:30 p.m., or 5:45 to 6:45 p.m. with instructor Karen Behnke, R.N. For a four-week session, cost is \$22 with a \$3.25 drop-in fee. There is a free introductory class and all classes are open to both men and women, all ages, all levels of fitness. (Participants are encouraged to exercise at their own pace.)
Register with the instructor at class, or call 381-3382 or 561-4120 for more information.

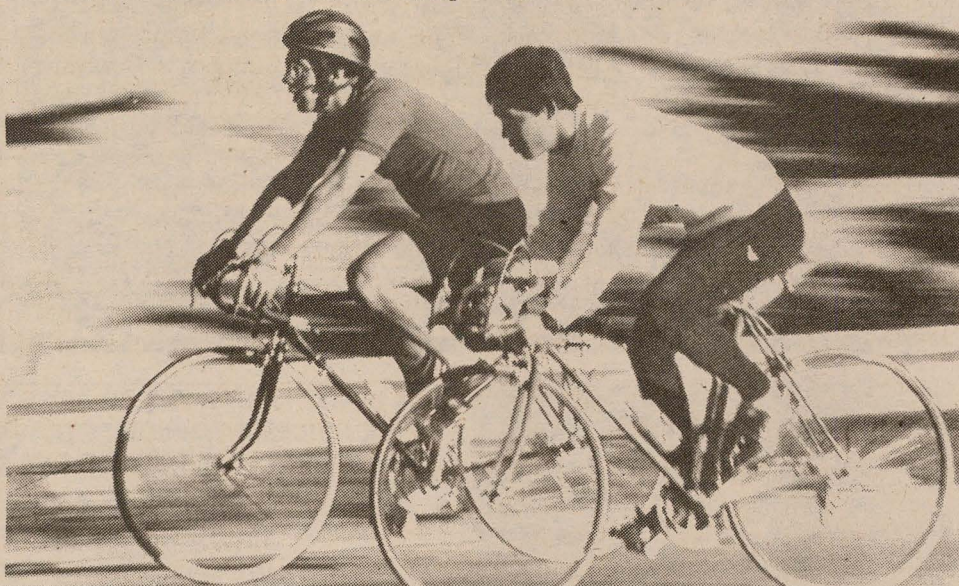


photo by Richard Wetzel
Whoosh!
If your eyes were quick enough, you may have caught a glimpse of one of the 1,500 bikers that peddled their way through the Presidio during the 5th Annual Le Tour De San Francisco bicycle race Sunday.

Softball standings

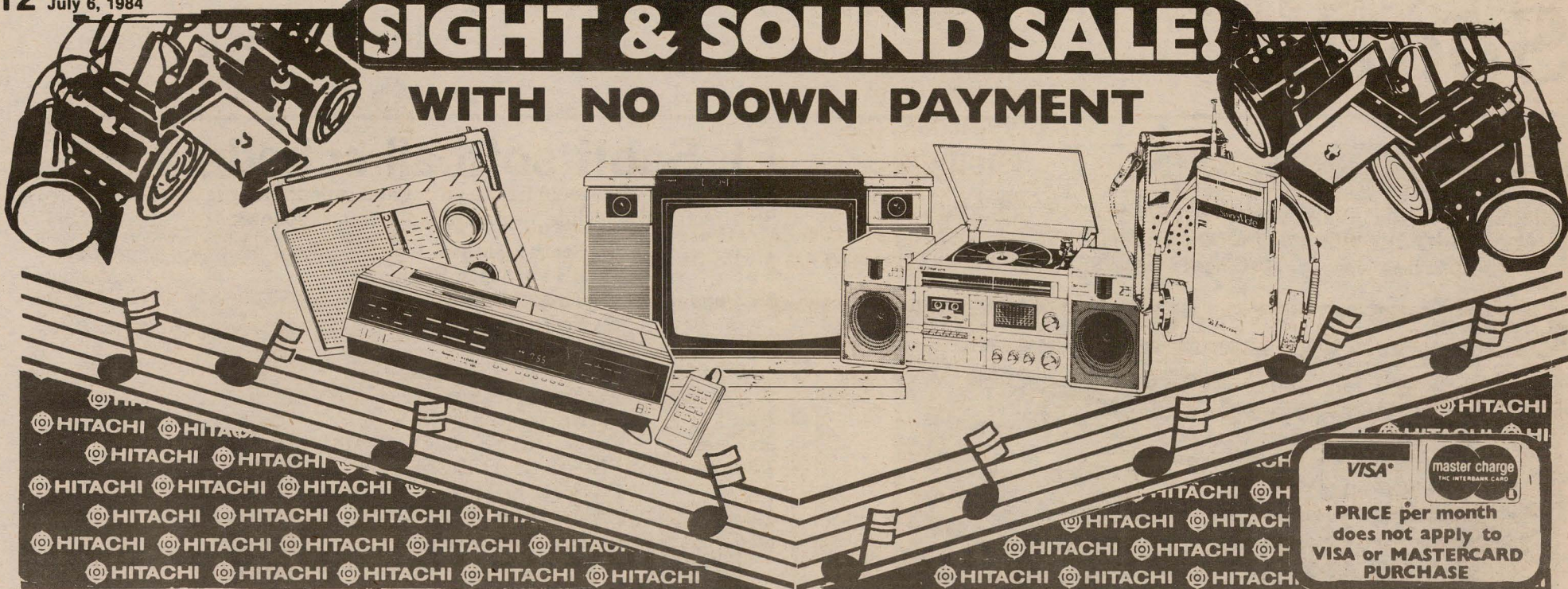
(As of July 28)

Team	Wins	Losses		
A Team	13	0	Red Cross	8 4
OARB	12	0	864th Engineers	8 4
6th Army	10	2	USAG	7 6
Co. G, DLI-SF	9	3	Doctors Plus	7 6
Attorneys	8	3	LEC	6 6
USACC	8	4	LAIR	5 5

With approximately 100 games left in league play, of 22 teams, only the top 12 teams will be eligible to compete in the Presidio championship.

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gets lots of action
pages 2 & 3

Activities Day:
fun and games
pages 6 & 7



Sports:
softball schedule
page 11

Star Presidian

Vol. 27, No. 27

"Published in the interest of the people of the Presidio of San Francisco."

July 13, 1984

News briefs

Fabric softener

DALLAS—Don't use a fabric softener when laundering the Army polyester/wool shirt. That's the advice from the U.S. Army Uniform Quality Control Office, Natick, Mass., as received by Army and Air Force Exchange Service (AAFES) officials here.

In a "Bulletin to Industry," the Natick Laboratories cautioned that use of a commercial fabric softener will harm the functional finish of the polyester/wool fabric.

Four shirts are mentioned in the bulletin: the man's tapered body long sleeve and short sleeve, and the woman's long sleeve and short sleeve polyester/wool Army green shade 428.

A new shirt warning label will read: "Caution: Bleach, fabric softener, starch and/or hot water (exceeding 100° F) will harm the polyester/wool fabric in the shirt." Washing instructions will read: "Do not starch, use bleach or a fabric softener."

Sure-pay delayed

Washington—Start-up of the mandatory Sure-pay program, in which all soldiers' pay checks will go directly to their banks, has been delayed pending further study.

The Senate Armed Services committee directed the Army to study the methods for paying soldiers, including alternatives to the Sure-pay program. The Army will submit its report by December 1, the Army's Comptroller officials said.

It is important to note that these officials added that training to convert soldiers to using Sure-pay should begin as scheduled, and said the Army will continue every effort to encourage voluntary enrollment in the direct-deposit program.

(ARNEWS)

Counterintelligence

Wanted: Soldiers in grades E-4 through E-6 to serve as counterintelligence agents (Primary MOS 97/B). Accepted soldiers may be qualified for extensive training, rapid promotion, varied assignments, and high bonus payments upon reenlistment.

Interested soldiers should call 561-4742 to schedule an immediate appointment. Qualifications include an impeccable record, Defense Language Aptitude Battery score of 89 or above, and a GT score of 110 or more.

GI To Carry Olympic Torch



by Alan Edmonds

Sp 5 Leo Simmons claims not to be a very lucky person. But he's luckier than the other 2,299 entrants in the Presidio of San Francisco's Olympic Relay drawing.

Simmons was chosen as the first runner-up in the drawing designed to choose a Presidio community member to carry the Olympic Torch through post. But Col. Sam Collins, an engineer with 6th U.S. Army who was originally selected to be the torch carrier, declined the opportunity. So, Simmons will run the one kilometer Presidio portion of the Olympic Torch Relay scheduled for July 16 at 9:20 a.m. The exact route the torch will take through the post is yet to be determined.

"I thought my chances of actually being chosen were very slim. I am not a lucky individual when it comes to matters of chance. So I went into this thinking that I was making a valid donation and that my chances for having the winning ticket were almost nonexistent," said Simmons.

"It's an honor for me as a soldier and as an individual to be selected for this once-in-a-lifetime experience. It's something that I take very seriously and I want to make everyone who is a part of the Presidio proud of me and make it a memorable event," proclaimed Simmons.

In preparation for the event, the tall, gangly 25-year-old native of Springfield, Ill., runs five miles a day and puts in 30 to 35 miles a week on a bicycle.

Simmons said, "Because I'm a sports-oriented person, I sometimes find it difficult to refrain from extremely physical activities to make sure I remain injury-free during the two months prior to the run. I've cut down on one of my favorite pastimes, racquetball. But I still enjoy photography and bike riding."

An Army veteran of four and a half years in a neatly pressed uniform and boots polished to mirror brightness, Simmons works as a personnel administrative specialist with a personnel administration center here. He feels that public support has been tremendous. "Everybody's been very supportive, from casual acquaintances stopping to say 'Congratulations' and wish me luck to my family making me promise to have plenty of pictures taken and to clip and save articles about the relay."

"I think back two and a half years ago when I was notified of my assignment to Greece. I felt the same elation then that I felt when I was told I would be the Presidio representative in the torch run. The closest I ever thought I'd get to Greece was through a travel brochure. Now I feel as if somehow I was destined to be a part of the torch run. The Olympic Torch began its journey in Greece and I find, less than a year after completing a lengthy tour in that country, that I'm fated to carry the torch through the Presidio. This will truly be an honor," said Simmons.

photo by Pat Barham

The Olympic Torch run is no problem for Sp5 Leo Simmons who keeps in shape by running regularly.

Opinions

TAKE A BITE OUT OF CRIME

Barracks are home for many of our single soldiers at the Presidio. With summer upon us, barracks larcenies are becoming more frequent. Barracks occupants are losing not only their money, but televisions, tapes, and other expensive items. Remember, crime prevention applies to barracks occupants just as it does to quarters residents. To ensure the safety of their personal belongings, barracks occupants should:

- become familiar with the unit crime prevention programs, and be mindful of the circumstances of previous larcenies to learn how to better protect your personal belongings.
- keep TVs, stereos, cameras and other high value

items secured by lock and key when not in use. These items should also be engraved with your state driver's license number and inventoried. This serial number inventory and ideally, pictures of the items, should be filed with the 1st Sergeant for safekeeping.

- always secure your wallet and personal items, and lock your door before going to bed or out of your room, even if it is "just for a minute." never keep extra keys to your locker or room in supposedly "hidden" places—expert thieves usually know where to look.
- when leaving your room, ensure that all valuables are secure, and that your door and windows are locked. Many barracks occupants lose valuables by leaving their windows open and unsecured.
- have your paycheck sent directly into a checking or savings account. Do not carry large sums of money on your person or keep it in your room. Use the company safe for temporary safekeeping of cash and valuables. Never mention or show anyone the amount of money you carry.
- use the buddy system to keep surveillance over your area when you are away. Get people who are

responsible and trustworthy to help you help yourself.

- park your vehicle in a well-lit area that is periodically patrolled by the Military Police. Ensure that valuables are not left exposed in the car to passerby. Also, if you own a bicycle, ensure that you always leave it locked within a lighted area if possible.
- report any larcenies or other crimes directly to the MPs, and then to your company chain of command. Activities that should be reported include:
 - Persons loitering in secluded areas,
 - Suspicious persons or vehicles in housing, school or park areas,
 - Persons loitering around parking lots or parked cars,
 - Persons displaying guns, knives, or other weapons,
 - Broken or open windows in closed quarters or offices,
 - Altercations or fights,
 - Loud, explosive or otherwise unusual noises.

If you ever have any problems, or wish to report suspicious activities, contact the MP Desk Sergeant at 561-2251/2252.

Ramblin' Sam

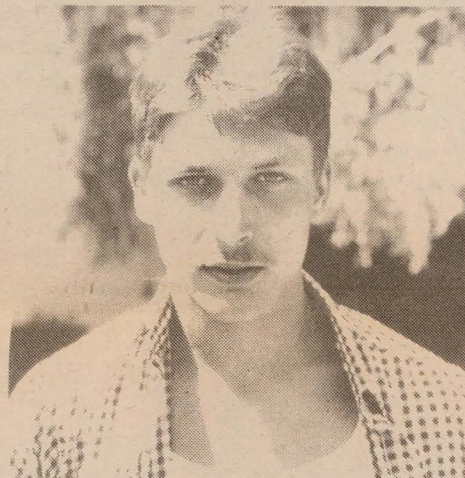
"If we went to war tomorrow, do you feel you're adequately trained? Why?"



SP4 Joe Romatowski-mail clerk, 6th Recruiting Brigade, "No, I don't think the support people are ready. Most of us are too busy working our jobs."



PFC Mike Demchak-carpenter, D Co., 864th Engineers, "Maybe not physically trained, but I'm emotionally trained. I haven't had enough field experience. But if I have to do the job, I could do it."



SP4 Peter Kruger-radio operator, D Co., 864th Engineers, "I'm ready, definitely. I was recently assigned to the 2nd Division where I spent 5 months of the year in the field on the DMZ."



SFC Jack Dee-ACS "Sure, I just made it back from the Honduras. Give me a typewriter and I'm ready to go."

Actionline — 561-LINE

I've been reading the *Star Presidian* ever since I've been here and I'm getting kind of tired of reading the column "Bite Out of Crime." It's the same stuff all the time and it serves no purpose. Why is it still in there? Why can't there be an editorial? Is there anything such as an editorial? Can soldiers write for the paper and voice their opinion?

Name Withheld

The "Take a Bite Out of Crime" articles are produced by the Office of the Provost Marshal as a method of spreading the word on crime prevention. As you know, crime prevention is everybody's business, but only through education can the military police help Presidio citizens help themselves. We also use the article to provide

readers with an encapsulated version of the crimes that occurred in the past week. The topics covered are selected as a result of a perceived need on the Presidio or as a part of a national or army campaign such as Rape Prevention Month, Prevention of Child Abuse Month, etc. Lastly, we do respond to requests from the public for information on subjects of interest to them.

Gregory A. Lowe
Maj. (P), MPC
Provost Marshall

How do we get things addressed through Armed Forces Disciplinary Board against a Motor Vehicle dealer who is unfair to military personnel?

Name Withheld

The Armed Forces Disciplinary Control Board for the Bay Area is located at Headquarters, Presidio of San Francisco, California 94129. Complaints by active military personnel about civilian establishments should be made to their post Provost Marshal or Legal Assistance Officer. Either officer, or his representative, will assist servicemembers in drafting their written complaints which will be forwarded to the appropriate Armed Forces Disciplinary Control Board for review and necessary action.

Michael J. Brawley
Lt. Col., JAGC
Deputy Staff Judge Advocate

The *Star Presidian* is published weekly by Coast Publishing as a civilian enterprise in the interest of the military and civilian personnel at the Presidio of San Francisco, California.

The *Star Presidian* is not an official Army newspaper. The views and opinions expressed in the newspaper represent individual writers of the publisher and are not to be considered those of the Department of the Army or any of its agencies.

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For information concerning advertising or any matter of a business nature pertaining to the *Star Presidian*, please contact:

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Actionline

Saturday night, May 5, I attended the SGM Association sponsored Spring Enlisted Ball with my spouse, and I was never so embarrassed in my life! Everything, I thought, went rather well; you could even tolerate CSM Parker's speech, which went 40 minutes longer than the agenda provided for, because of the subjects he discussed.

But what was intolerable was the meal the NCO Club provided. My spouse and I did not eat dinner before we left the house because we were paying for dinner at the Ball. When dinner did arrive, the "prime rib" was far from prime. This piece of meat was so tiny that my wife pulled out her Weight Watchers's scale and weighed the piece of meat—it weighed less than 2 ounces!!

What kind of dinner was that? Is that the best the Club can do for its members?

We, the NCOs, would rather pay more for a decent meal than that and get good service too, and that's why we do. And the Club wonders why the NCOs do not support the Club better than they do—it is because the Club renders such a poor and inadequate service.

This was a formal affair and even the waitresses and other personnel were not uniform in attire. One lady was walking around in the no-host cocktail bar where everyone was in formal attire, and she was wearing bedroom slippers, and curlers with a scarf on her head! Another waitress was wearing a white blouse with black stockings, and bright red shoes! One bartender was wearing a white shirt, black pants, and a white tie which was not tied around his neck but instead open and hanging loose—much too casual and informal for a formal occasion!

I felt nothing but embarrassment because this Club represents me as a member, and I would represent myself better than that! If the NCO Club cannot get itself more together than that, then it is no wonder why their members go elsewhere and will continue to do so! If you treat customers poorly, they'll stop coming back. I could have gone to Josephine's and paid the same \$15 for a gourmet meal and live piano playing and singing waiters for entertainment, a place that has some class!

Name Withheld
(An enlisted soldier)

Management received no complaints, only laudatory remarks from the attendees at this affair. The Club had many compliments on the food and service.

Any serving of the meat item not of the prescribed size was purely an oversight and the Club regrets any dissatisfaction of the meal by the complainant. Had he brought this to the attention of the manager, immediate corrective action would have been taken on the spot.

The Club does have a dress code and management has taken corrective action to insure that club employees do comply with this code. The lady mentioned in hair curlers and scarf was a member of the band, not a club employee. The \$15 cost included the meal with wine, flowers, gifts and entertainment, a price that was reasonable and one that would be hard to duplicate elsewhere.

Club Management

.....

My complaint is about the swimming pool for infants and toddlers in the swim class. The pool is not heated up adequately and the kids are cold. The kids can not participate adequately and they are too young to understand how to generate body heat by kicking or moving. I talked to the pool manager about it and I was told the people who use the pool afterwards don't want it heated. I pay \$30 for my child to take lessons and the other people don't pay anything. I think it's unfair the pool is not heated so the kids can receive proper instruction.

Name Withheld

Unfortunately due to the multiple use nature of our facility, the water temperature must be compromised for all personnel. While 80 degrees may be a bit cool for very small children it tends to be a bit warm for personnel swimming laps. In the past we have tried to adjust the pool temperature for various classes which resulted in a breakdown of our temperature controlling equipment. The YM-CA, YWCA and city pools all maintain an 80 degree temperature.

Luther F. Borden, Jr.
Chief, Morale Support Activities Division

.....

I would like to see a large national flag flying from the flag staff like the one from Moffett Air Station—so it must be in the supply system.

Name Withheld

In accordance with AR 840-10, the largest flag in the Army inventory is the Garrison flag. It measures 20 feet by 38 feet. The Garrison flag is flown on holidays and other important occasions as designated by presidential proclamation.

The following flags are also flown on the Presidio of San Francisco:

- The Post flag which measures 8 feet 11 and 3/8 inches by 17 feet, is flown daily.
- The Storm flag which measures 5 feet by 9 feet 6 inches is flown in inclement weather.

Ruth E. Bryson
Captain, AGC
Assistant Adjutant

.....

The parking at LAMC is horrendous. The spaces are just not available. The MPs could check to see if the people are leaving and commuting downtown or leaving long term storage vehicles there.

There is an empty field by the optometry center which could be converted to parking if necessary.

Name Withheld

Parking at Letterman has indeed been difficult to find in the past. However, in May a new 172-car parking lot was opened behind Building 1016 and the small parking lot at the corner of Lincoln and Presidio Boulevards was paved. Later this summer, a new lot providing another 120 spaces will open next to the LAMC/LAIR tennis courts.

This month, LAMC will also institute a new parking policy barring Letterman's staff from parking in the main lot during duty hours on Mondays through Fridays. A gate system will prevent parking in that lot between 5:30 a.m. and 7:30 a.m. The system is designed to eliminate parking there by both LAMC's staff and commuters. LAMC's MPs are currently patrolling the area to alert drivers about the changes.

Both the Star Presidian and the Fog Horn have published information on the new policy and locations of alternative parking lots and that information should help drivers to find parking. Through the additional parking spaces and the gate system, parking problems at LAMC should decrease this summer.

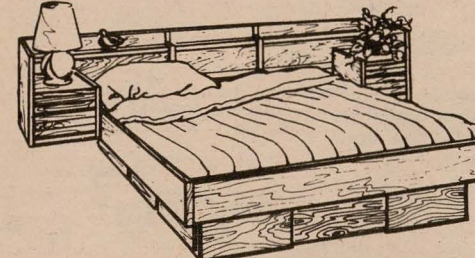
Ann K. Canham
LAMC Public Affairs Officer

WATERBED FACTORY

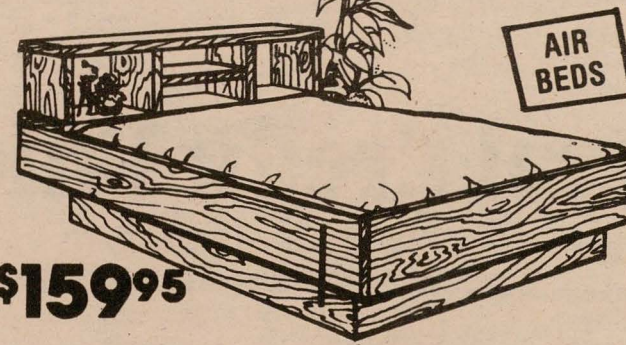
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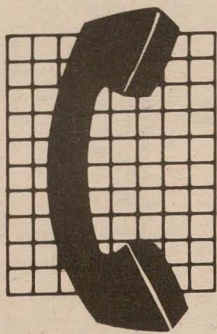
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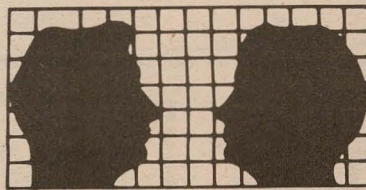
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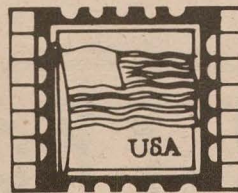
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474A

Weekly Bulletin informs PSF of events

by Bob Walker

Staff duty roster, retirement ceremonies, dining facilities, ID cards, Thrift Shop News, arts and crafts, Recreation Center activities and items for sale all have one thing in common.

What could they possibly have in common you ask?

Why they can all be found listed in the Weekly Bulletin along with many other items of interest. The Weekly Bulletin is printed and circulated for the benefit of the military, their families, retired military personnel, and DoD civilian employees at the Presidio.

SFC Bernard Wheeler, NCOIC at the administrative services branch said, "The purpose of the Weekly Bulletin is to convey various types of pertinent information to the various elements of the command."

Capt. Ruth E. Bryson, chief of the administrative branch explained that the Weekly Bulletin has two sections.

The first section is for official information. It includes items which are directive, advisory or informative concerning post operations such as retirement ceremonies, staff duty personnel and field officers of the week.

The second section is the unofficial section in which authorized personnel can submit items, provided they aren't for commercial solicitation purposes. To submit items, the person must go in personally or mail the information in. Wheeler said, "Everything must be in writing and should be in by noon on Monday's to come out in the current bulletin." To submit items, go to or forward to building 220. If you have any questions about the Bulletin call 561-3601 or 561-2045.

Bryson said, "The publication keeps the community informed on items of interest, just like the Star Presidian-which is not related to the

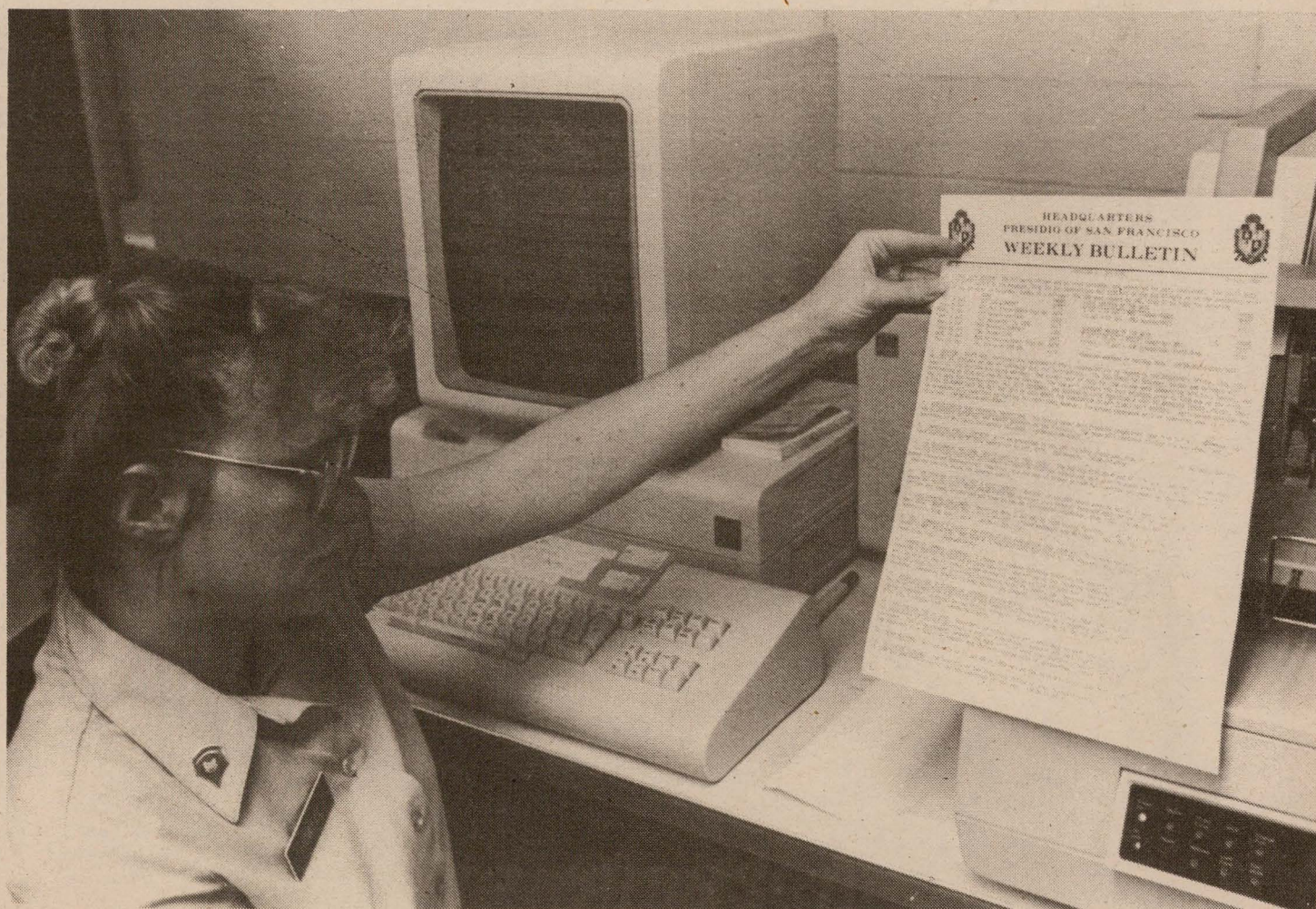


photo by Bob Walker

Sp5 Tamara Howell examines page one of the Weekly Bulletin as it comes out of the IBM word processor.

Weekly Bulletin. Sometimes we have to call people to let them know we can't print their requests for publication, as it would be advertising. With the Star Presidian, they have the option to purchase ad space."

But how does the Weekly Bulletin get into circulation?

The Weekly Bulletin gets its start with the word processor. Once it's ready, it goes to the field printing plant. From there the printed

Bulletin is on its way into the hands of people. Some go to the Official Mail and Distribution Center and others are picked up by ACS (Army Community Service) which in turn, with the help of volunteers, stuffs the Bulletin along with flyers, AAFES ads and "Off Duty" magazines into the Star Presidian for distribution to the family housing areas. The post police drop bundles off at designated areas, where more volunteers

distribute 1,550 copies according to David Ciechanowski, ACS chief. He said, "It's all volunteer work distributing the materials. It's probably the only all volunteer distribution system of its kind."

Bryson said, "The Weekly Bulletin is one publication everyone should look forward to reading to see what's going on. Check the bulletin, it's for your benefit."

Court of historical review and appeals

by Bernard Averbuch

San Francisco's most celebrated 19th century romance between a handsome Russian nobleman and the beautiful young daughter of the Spanish commandant of the Presidio will be the next case to be heard by the Court of Historical Review and Appeals when it convenes on Tuesday, July 31, at City Hall.

Bernard Averbuch, president of the San Francisco Boosters, has petitioned the historical court for a hearing to challenge the authenticity of the romantic tale.

The Boosters are the sponsors of the historical court, which has been meeting regularly since 1975 at an informal but actual court hearing to resolve historical disputes. Superior Court Judge Daniel M. Hanlon will preside.

Eric Saul, curator of the Presidio Army Museum, is scheduled to be one of the witnesses at the hearing. Saul reported that costumes of the period will be loaned to witnesses at the court hearing, and he himself will be dressed in a costume piece.

The case concerns the fabled romance in March of 1806 between a 42-year-old Russian adventurer,

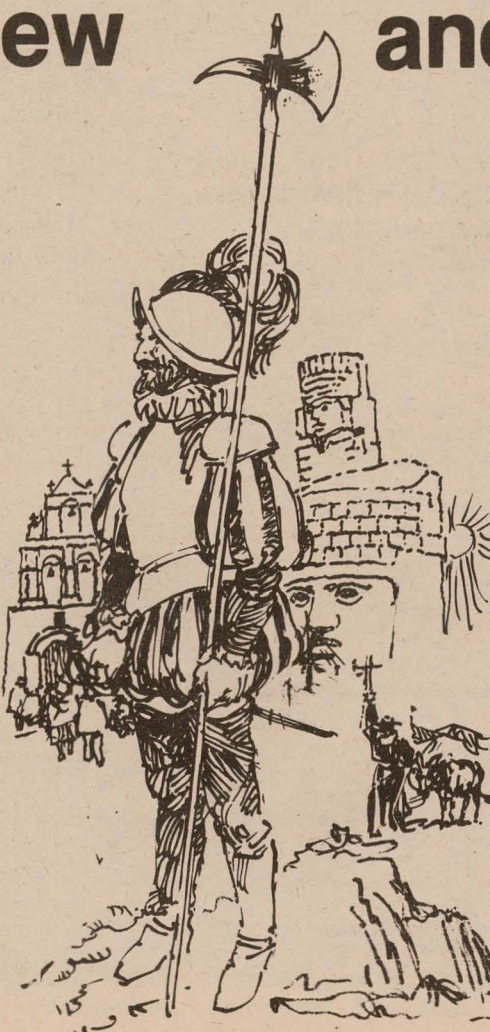
Nicolai Petrovich Rezanov, and the 15-year-old beauty Maria de la Concepcion Arguello.

Rezanov came to San Francisco aboard the Russian schooner "Juno" seeking a site for a new settlement along the California coast and some needed provisions for Russia's colony at Sitka, Alaska.

Invited to dine at the Spanish commandant's house in the Presidio, the Russian envoy met the commandant's daughter, and it was love at first sight.

There followed a whirlwind romance and they decided to marry. But, there was approval needed. The Russian nobleman returned to St. Petersburg to obtain permission of Tsar Alexander I to marry. While racing across Siberia, the Russian suitor tumbled from his horse, suffered a head injury and died.

Not hearing any news, legend has it that Maria Arguello was heartbroken and thought she had been jilted. She decided to enter a Dominican convent and popular legend has it that she did not learn the true story of the Russian's death for more than 30 years.



Down through the years many famous literary figures have authored colorful versions of the fabled romance, and as recent as 1982 a musical version of the international romance was performed in Moscow and Paris. Unlike the original version, the 1982 musical had a happy ending.

Averbuch said, "Time has clouded some details but there is enough to challenge some of the story."

"There is a number of details of this 178-year-old story book romance that need to be examined in the modern setting of a courtroom," said Averbuch. "We will be presenting various witnesses with historical background to discuss both sides of the issue for the court to render its judgement."



Col. Eugene Hawkins shows good sportsmanship as he recovers from being dunked.

Activities Day

by Richard Wetzel

The Presidio is not your ordinary Army post, and anyone who witnessed the festivities here on Friday can attest to that.

Over 1,200 soldiers and civilians turned out for the Presidio Activities Day/AUSA Picnic. Even a blue sky showed up, although a little late.

At one end of the Parade Field, a local pop band, Chazz, filled the air with a variety of sounds ranging from Boy George to Michael Jackson. And while nobody danced, a lot of feet were tapping under those tables.

At the opposite end of the field, unit commanders sat on edge, waiting to be plunged into cold water, as contestants took turns at the dunking machine. The "Bradley" Fighting Vehicle was displayed next to a volleyball game and the "Blackhawk" helicopter stirred up a few things while landing, as did the belly dancer.

And in the middle of all this, people pulled up chairs and blankets to eat burgers, dogs and potato salad, listen to music and watch a hypnotist make their friends do strange things.

1,300 hamburgers and hot dogs later, the party was over.

For the post commander, it was a way of saying thanks to the soldiers and civilians for a job well done... for the participants as well, "it was a nice way to spend a Friday afternoon."



Singing was part of the entertainment.



This Black Hawk helicopter was flown in for display.



Delta 864th Engineers blow up balloons at the Presidio Activities Day held Friday.



Eating, mingling and relaxation were part of the fun.

photos by Richard Wetzel

DA thanks CDS Director for training program

by Bob Walker

Newly assigned families at the Presidio may wonder how good the Presidio Child Development Services (CDS) are.

The services at CDS are exceptional as shown by the fact that John Gunnarson the director at CDS was chosen by the DA to work hand-in-hand with Marlene Scavo of Ft. Lewis, Washington to formulate a training program to be used by the Army worldwide.

Judy Ann Miller, deputy assistant to the secretary of the Army presented Gunnarson with a certificate of appreciation for his CDS training model, on June 3.

Gunnarson has four and one half of CDS directing under his belt. His first two years were in Japan, the remainder of his time in service has been here.

Gunnarson said, "DA contacted me and Scavo to define child development and to develop a training program to upgrade the child development program by July 1. We made

three-way conference calls, taking Washington input and formulating the package that was presented at the DA CDS Training Conference in Austin, Texas June 3-8. Scavo was the project coordinator."

Their accepted training plan consists of five parts.

The first part is a reading program which includes reading manuals on child growth and development and on setting up environments appropriate for young children.

The second part of the training program is workshops. Workshops are required on first aid, cardiopulmonary resuscitation (CPR), child abuse/neglect and the Early Childhood Environment Rating Scale.

The third area of training is observation of child care facilities to see how things are done elsewhere. The observation includes a description of the population the program serves, observation of the group size and use of space, toys, equipment and program materials used, organization

use and condition of the materials. Activities are noted as to whether they are group, individual, teacher-directed or child initiated activities.

The fourth area is classroom assessment. Teachers have their initial Early Childhood Environment Rating Scale (ECERS) assessment, an evaluation and development of the ECERS improvement plan, a follow-up ECERS assessment and further evaluation and development of their ECERS improvement plan.

The final area of training is a special project which could be in the form of a newsletter for parents, to help get their feedback. It could also include redesigning a play area or having theme days for the children. The special project is also evaluated.

Gunnarson said, "The DA and the Presidio have a firm commitment to quality care, services and facilities. We are now undergoing a major renovation of our facilities. We are now undergoing a major renovation of our facilities here and will soon begin construction of a large new

facility. There's been a tremendous change in just the last two years, with the addition of a new food services kitchen, a school age summer program, a program for children down to only six weeks of age and special seminars. We get lots of command support."

Karen Jupe, the family services director at CDS said, "Gunnarson is very knowledgeable. We're fortunate to have someone like him. He gives the child care providers help. He knows and understands our problems and can get things moving with programs and setting things up. He helped set up and implement the cross generation program. He brings in new ideas and gets things done. He has a broad awareness of what's going on in child development, so as to keep us up with the times."

So new Presidians, rest at ease. Your children are in good hands at Presidio!

Supreme Court opens door to military cases

Legislation that goes into effect shortly has opened the door for military personnel to appeal decisions of the Court of Military Appeals directly to the United States Supreme Court.

As a practical matter, the court of Military Appeals is still the main judicial authority for servicemen under the Uniform Code of Military Justice.

But the Military Justice Act of 1983 now permits direct appeals on cases which involve a death penalty,

punitive discharge or confinement for at least one year.

As another practical matter, Defense Department lawyers don't expect to see a deluge of cases going to the Supreme Court. The kinds of cases that may be appealed, of course, will tend to hold that down. And even the cases that meet the criteria of the legislative change may not be heard. The Supreme Court justices will ultimately decide which cases they review.

Andrew S. Effron, a Department

of Defense attorney in the Office of the General Counsel, explained that the Supreme Court is likely to be interested primarily in cases involving a major legal issue.

Effron, whose office was instrumental in drafting revisions to the Code, said, "Although we recognize that the Court of Military Appeals has done a good job, it was decided that military personnel should have access to the Supreme Court, like all other citizens."

Qualifying cases decided by the

Court of Military Appeals on or after Aug. 1 will be subject to review by the higher court. Other revisions resulting from the Military Justice Act include speeding up procedures for convening courts-martial, reducing administrative paperwork, and consolidating the Manual for Courts-Martial for easier use by commanders, lawyers and paralegals.

AFPS

Finish your schooling by 'Pulling it together'

by Jeane Redsecker

You are an NCO with less than two years of college. Anywhere you were stationed and had the time to do so, you took a college course or two. You have credits from the University of Maryland, Los Angeles Community College, Central Texas College and others. At this point you are a little fuzzy on what to take next or how to go about pulling your courses together toward a degree.

Sound familiar? It is certainly familiar to the professional guidance counselors at the Ft. Scott and LAMC Education Centers, who are prepared to inform you about options available to consolidate credits and qualify for degrees. In order to advise you, your counselor will probably need your answers to the following questions:

- What is your goal? If you have not identified one for yourself, Department of the Army suggests that NCO's earn an associate degree or equivalent in management or an MOS-related field before their 15th year of service.

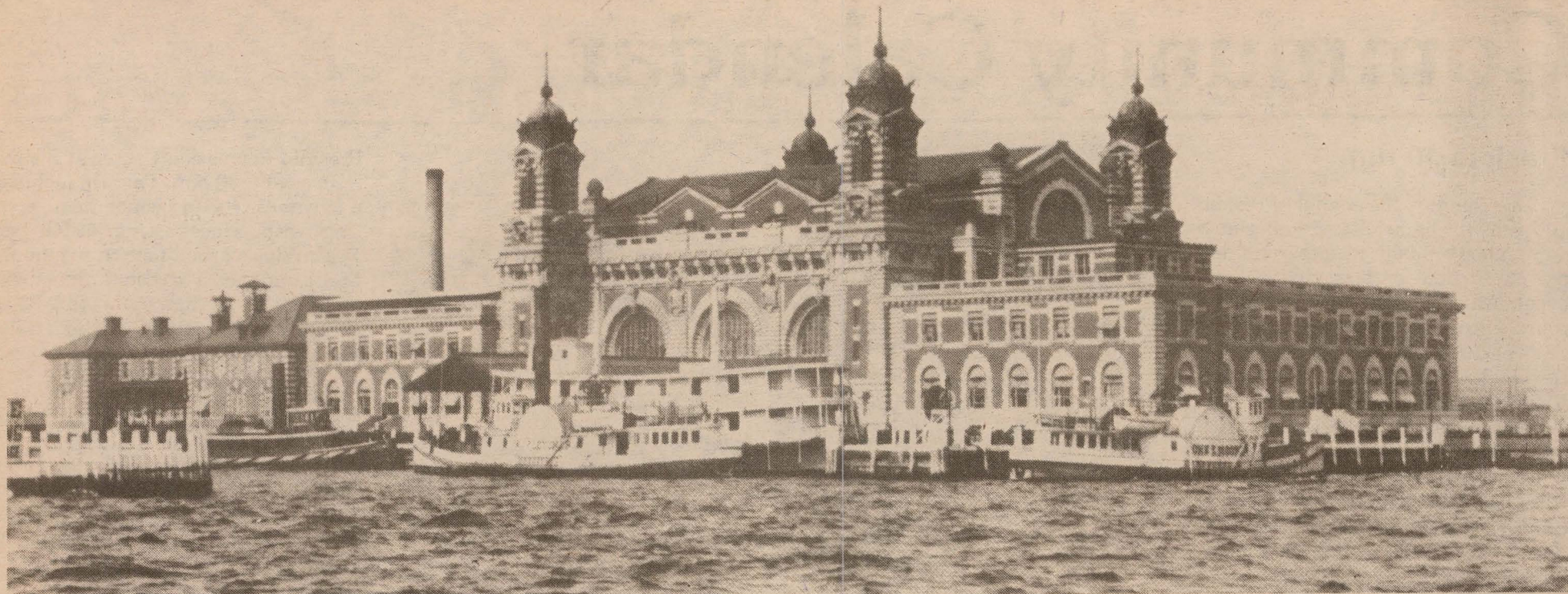


- Is it important for you to earn an associate (two year) degree, or will 60 semester hours of college serve your purpose best?

- Do you want to specialize in a major field on the associate level or stick to general liberal arts classes and select a bachelor's degree major when you start your third year?

Depending on your individual situation, your counselor may recommend that you continue working with a Servicemembers Opportunity College if you have already met, or are likely to meet, its residency requirement. Perhaps a local school is the best choice for completing your degree. Many students find that the New York Regents External Degree Program or Credit Bank fits their needs.

Why not call your counselor now and make an appointment to discuss "Pulling it together!"



Between 1905 and 1914, an average of one million immigrants arrived each year, mostly from southern and eastern Europe.

photo by the National Park Service

Ellis Island: gateway to America

by Tom Condon

A steady stream of immigrants pouring into New York City beginning in the mid-19th Century—many fleeing Ireland's potato famine—resulted in the construction of a major new processing center: Ellis Island.

A former opera house at the tip of Manhattan, called Castle Garden, had served as the immigration station from 1855 until it was closed in 1890 because it lacked the capacity to process the masses of people coming to America.

The U.S. Immigration Bureau converted the naval arsenal on Ellis Island. It opened on Jan. 1, 1892, and five years later when the original wooden buildings burned down, 33 brick buildings were built.

More than 17 million newcomers arrived on Ellis Island over the next 62 years until it closed in 1954.

The procedures were the same. The immigrants were directed to the ground floor baggage room where they unloaded their worldly belongings before climbing flights of stairs to the Great Hall for medical and legal examinations.

Doctors watched them climb, and when they reached the top of the stairs, they would walk in a circle before the doctor who would examine their hair and face.

If there was a medical problem, their clothing would be marked with chalk. For example, an "L" meant lameness, and "H" a suspected heart disease, and an "E" meant eye problems.

They then entered the Great Hall for a full examination. Upon completion, immigrants waited on long rows of wooden benches for the legal inspectors. There were about 30 questions asked and it only took about two minutes. Interpreters were available as needed.

The questions went something like: "What is your name?" "Where are you coming from?" "Where are you going?" "Do you have relatives

here?" "Do you have a job waiting?" and "Do you have a criminal record?"

For 80 percent of the immigrants, the average stay was only three to five hours. About 20 percent were detained for either medical or legal reasons. Between 1892 and 1924, when the greatest tide of humanity swept through the narrow portal in Upper New York Bay, only two percent, about a quarter-million people, were excluded from admission.

Trachoma, a very contagious and

then incurable eye disease that caused blindness, was the most common medical reason for exclusion.

The Alien Contract Labor Law of 1885 prohibited American employers from bringing over immigrants to work for lower wages than Americans received, or to be strike breakers.

If an immigrant was found to be "contracted labor," it was grounds for exclusion.

Massive immigration stopped after 1924, but the island continued

to serve as an immigration center on a reduced scale.

It became a detention and rehabilitation center during World War II. From 1942 to 1946 it was a Coast Guard training center.

In 1965, Ellis Island was turned over to the National Park Service and it reopened as an immigration museum as part of the Statue of Liberty National Monument.

(American Forces Press Service)



A Hungarian family arrives at Ellis Island about 1910.

photo by the National Park Service

Community Calendar

Presidio 10 run

This Sunday, the annual "Presidio 10" run will be held. Beginning at 9 a.m., about 5,000 runners are expected to take part in this 10-mile event. Although most of the planned route will take runners through portions of the installation, a crossing of the Golden Gate Bridge to and from Vista Point is also included. Those interested in taking part should phone 781-6785 or register at the Parade Field before the event. Sponsored by **The Guardsmen**, proceeds will be used to send underprivileged Bay Area Youth to summer camp. Although main thoroughfares will be kept open throughout the run, motorists are advised to take extra care and be prepared for slower traffic.

Summer jobs

The Civilian Personnel Office is reopening the announcement for summer jobs for GS-3 or GS-4 Clerk/Clerk Typist only. Individuals applying for GS-3 must have six months of clerical experience or have one year of college. Typing speed at 40 wpm is required. Applications will be accepted at the Receptionist Desk, Bldg. 37, CPO between 7:30 a.m. and 3 p.m., Monday through Friday. For additional information contact Peggy Betts, 561-5752.



Historic photo

Refugees of the 1906 San Francisco earthquake and fire found shelter in this tent city which was established for their protection.

YA summer program

Youth Activities Summer Program will be from June 18 to August 24. YA classes will be offering swimming, gymnastics, tennis, racquetball, weightlifting, sports classes, computer operations, arts and crafts and theater arts. The cost of each class is \$10. For information and registration come by the Youth Activities office, bldg. 122 between 7:30 a.m. and 4:15 p.m. or give us a call at 561-5143.

'Nine'

Women, 21 gorgeous women, and he's in love with them all! The "he" is a famous Italian movie director

played by Sergio Franchi in "Nine".

Discount tickets are on sale for "Nine", the Broadway musical that won five Tony awards in 1982 (including Best Musical), now playing at the Orpheum Theater. Tickets are for mezzanine seats at the 8 p.m. July 26 performance; ticket cost is \$24.75.

Come and see how the director deals with madcap problems and *all those women!*

Rec Center news

Enjoy Fun in the Sun. If you haven't ever been canoeing, now is the time to enjoy nature's finest rafting on the Russian River. Set your sight, mark your calendar, for Sat., Aug. 11. The trip departs from

Presidio Recreation Center at 8 a.m., returns at 8:30 p.m. The trip includes a leisurely relaxing canoe float, starting with wine tasting at Geyser Peak Winery, then four to five hours of rafting, then a barbeque dinner. All this for \$30.00. Sign up by July 28 at the ITT Office, Bldg. 385 (old Play House) phone 561-3992.

ONGOING CLASSES: Levis & Laces Square Dance Class every Wed. at 7 p.m. at the Community Center, Bldg. 1209. Caller is Doug Sanders, cost is \$2. TRS-80 Computer Workshop, every Wed. & Thur. at 7 p.m. No charge. Instructor is Chris Sievers.

Boardwalk tour

Santa Cruz Boardwalk Tour, Sat. July 7, 8 a.m.-8 p.m., cost \$8. Alcatraz Tour, Sat. July 21, 12-4 p.m., cost \$6. Canoe Trip & Wine Tasting on Russian River, Sat., Aug. 11, 8-8 p.m., cost \$30.

Great America salutes GIs

Marriott's Great America salutes the military July 21st through July 29th. For these days only tickets will cost \$7.50, a savings of \$5.45 from the regular price. Tickets may be purchased at the Presidio Rec Ctr ITT Office located in Bldg. 385, 561-3992. Tickets must be pre-purchased and are not available on days of the event at Great America.

At the movies

Presidio Theater

July 13	Finders Keepers (R)	7 p.m.
July 14	Beat Street (PG)	7 p.m.
July 15	Beat Street (PG)	2 & 7 p.m.
July 16	Beat Street (PG)	7 p.m.
July 17	Friday the 13th - Final Chapter (R)	7 p.m.

July 18	Friday the 13th - Final Chapter (R)	7 p.m.
July 19	Purple Hearts (R)	7 p.m.

Schwartz Theater

July 16	Finders Keepers (R)	7 p.m.
July 18	Beat Street (PG)	7 p.m.
July 19	Friday the 13th - Final Chapter (R)	7 p.m.

... the write stuff ...

by Richard Wetzel

Flipping through a pamphlet, I found this description of the "Blue Blue Third", a musical program broadcast on KUSF radio "...a kind of music, improvised, but sometimes arranged, characterized by syncopation, rubato, usually heavily accented rhythms, dissonances, individualized melodic variations and unusual tonal effects on..." HUH???

KUSF FM, broadcast from the University of San Francisco, is a unique radio station indeed. Its programming is as diverse as the people it reaches out to...a touch of this, a touch of that, a pinch of exotic substances, a whole bunch of other stuff, served with a side order of bizarre...a peek into their play list reveals both an educating and entertaining taste. Examples: ARMENIAN HAMAZKAYIN RADIO HOUR (Sat., 9 a.m.); GREEK COMMUNITY HOUR (Sun., 11:30 a.m.); THIS IS HARDCORE, NOT NEW WAVE (Mon., 6 p.m.); SEX GHETTO RADIO (Tues., 6 p.m.); CHINESE CATHOLIC PROGRAM (Sat., 2 p.m.); POETRY ON THE MOVE (Mon., 9 p.m.); COMMUNITY CONCERT HOUR (Thurs., 7:30 p.m.); MOON DANCE (Fri., 3 a.m.); NEW MUSIC (Mon.-Thurs., 11 or 11:30 p.m.)...how's that for an appetizer?...KUSF can be found at 90.3 FM, their request line is 751-KUSF...

The Avenue Theater, 2650 San Bruno Ave., continues its efforts to bring you all-time classic films, that nobody can remember who made in the first place, but we sure wish they'd make some more...THREE AGES (1923, silent), starring Buster Keaton and COLLEGE HUMOR (1933) with Bing Crosby and Jack Oakie plays tonight at 8 p.m....Future Screenings...July 20: RED SIGNALS (1927, silent) with Wallace MacDonald and Eva Novak and WHISPERING SMITH SPEAKS (1935) with George O'Brien and Irene Ware...July 27: BEAU GESTE (1926 silent) with Ronald Coleman, Alice Joyce and William Powell...Call 468-2636 for more details...

With record prices setting new records, you can't hardly afford to throw out the albums you no longer listen to, let alone, go out and purchase new ones. Besides, many of those oldies could be goldies in the hands of a collector...depending on age, condition, originality and who's collecting what these days, those old records may be worth more than just the dust they're sitting under...numerous record stores in the Bay Area, such as Recycled Records and Revolver Records purchase, trade and sell used records. If you're selling, try to clean the record and insure they are in the proper jackets. If you're buying, look for scratches and marks that could damage your stereo needle...Happy hunting!

MUSICAL SNUFF...a few more...The Greek Theater in Berkeley presents the PSYCHEDELIC FURS and UB40, August 17 and AN EVENING WITH YES, September 21...THE CARS will be at the Cow Palace August 24...

ALL RISE: Almost six dozen (that's almost 72) stand-up comedians will be on hand (and foot) for the Fourth Annual Comedy Celebration Day, Saturday from noon to 6 p.m. in the bandshell in Golden Gate Park...dig out your whoopie cushion...

THE USO (United Service Organization) 1107 Mission St., has free and discounted tickets for a variety of entertainment, such as Wolfgang's, The Kabuki Nightclub, the San Francisco Giants and the Oakland A's baseball games and comedy clubs like the Punch Line and Cobb's Pub and Comedy...EXTRA EXTRAS...The All-Army Variety Showcase Competition is scheduled for August 1...the next Single Soldiers Supper at the Religious Activities Center is Wednesday, July 18...

Don't get me wrong...this isn't necessarily a slow week or anything. On the contrary, there's lots of things happening. However, most of them are somehow connected to the Democratic Convention and "I ain't supposed to talk about that."

Sports

4th of July softball tournament

The A team of LAMC prevailed over the LDS (Latter Day Saints) in the championship "if" game 11-1 to win the Presidio 4th of July softball tournament. There was stiff competition on this foggy and sunless day.

The A team won their first 2 games, but were derailed by the LDS

team 7-6 in semi-final action.

In the next game the A team crushed the Red Cross squad 22-1 to earn the right to play the LDS team again. Their superior slugging power prevailed in the next two games as they won 16-1 and followed up with an easy 11-1 victory.

Intramural Softball League (Standings as of July 6, 1984)

Team	Won	Lost	Place					
A Team	14	0	1st	LEC	7	7	*10th	
OARB	13	0	2nd	LAMC 2	5	5	*10th	
6 Army	11	2	3rd	LAIR 1	5	7	13th	
G Co, DLI	9	3	*4th	DEH	5	8	*14th	
USACC	9	3	*4th	FBI	5	8	*14th	
Attorneys	9	3	*4th	H Co, DLI	4	7	16th	
Red Cross	9	4	7th	4 Seasons	4	9	17th	
864th	8	4	8th	MSC	4	10	18th	
Doctors	8	6	9th	6 Ar. Band	3	11	19th	
USAG	7	7	*10th	Vigilantes	1	12	20th	
				LAIR 2	0	15	21st	

*Tied

Commander's spring golf tournament

The Morale Support Activities 1984 Commander's Spring Golf Tournament will be conducted at the Presidio Army Course on Wednesday and Thursday, July 18 and 19. First tee off time is 8 a.m. The Callaway system will be used for scoring for

persons who do not have an established handicap at the Presidio Army Golf Course.

Active duty personnel assigned or attached to the Presidio are eligible to participate in the Senior and Open Divisions. Senior Division is 40 years

Softball schedule

Time	Field No. 1	Date
5 p.m.	LAIR 1 vs USACC	Mon. July 16
6:15 p.m.	A Team vs FBI	"
7:30 p.m.	Attorneys vs FBI	"
	Field No. 2	
5 p.m.	6th Army vs LDS	Mon., July 61
6:15 p.m.	DEH vs G Co, DLI	"
7:30 p.m.	LAMC No. 2 vs 4 Seasons	"
	Field No. 1	
5 p.m.	A Team vs H Co, DLI	Tues., July 17
6:15 p.m.	Attorneys vs G Co, DLI	"
	Field No. 2	
5 p.m.	OARB vs LDS	Tues., July 17
6:15 p.m.	6th Army vs 4 Seasons	"
7:30 p.m.	USAG vs MSC	"
	Field No. 1	
5 p.m.	LAIR No. 1 vs LDS	Wed., July 18
6:15 p.m.	LAMC No. 2 vs G Co, DLI	"
7:30 p.m.	DEH vs Doctors	"
	Field No. 2	
5 p.m.	USACC vs USAG	Wed., July 18
6:15 p.m.	864th vs FBI	"
	Field No. 1	
5 p.m.	DEH vs A Team	Thurs. July 19
6:15 p.m.	6th Army vs G Co, DLI	"
7:30 p.m.	OARB vs 4 Seasons	"
	Field No. 2	
5 p.m.	Red Cross vs H Co, DLI	Thurs., July 19
6:15 p.m.	LEC vs H Co, DLI	"

of age and over, and the Open Division is 39 years of age and under.

Units and/or individuals desiring to enter the tournament are re-

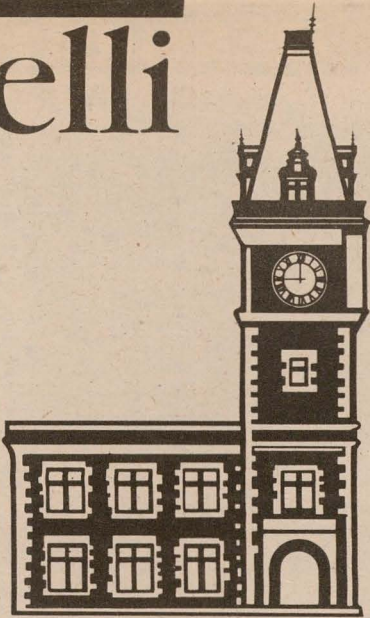
quested to contact the Sports Branch Office, Post Gym 1, Bldg. 63, Ext. 4120/5032 NLT July 13.

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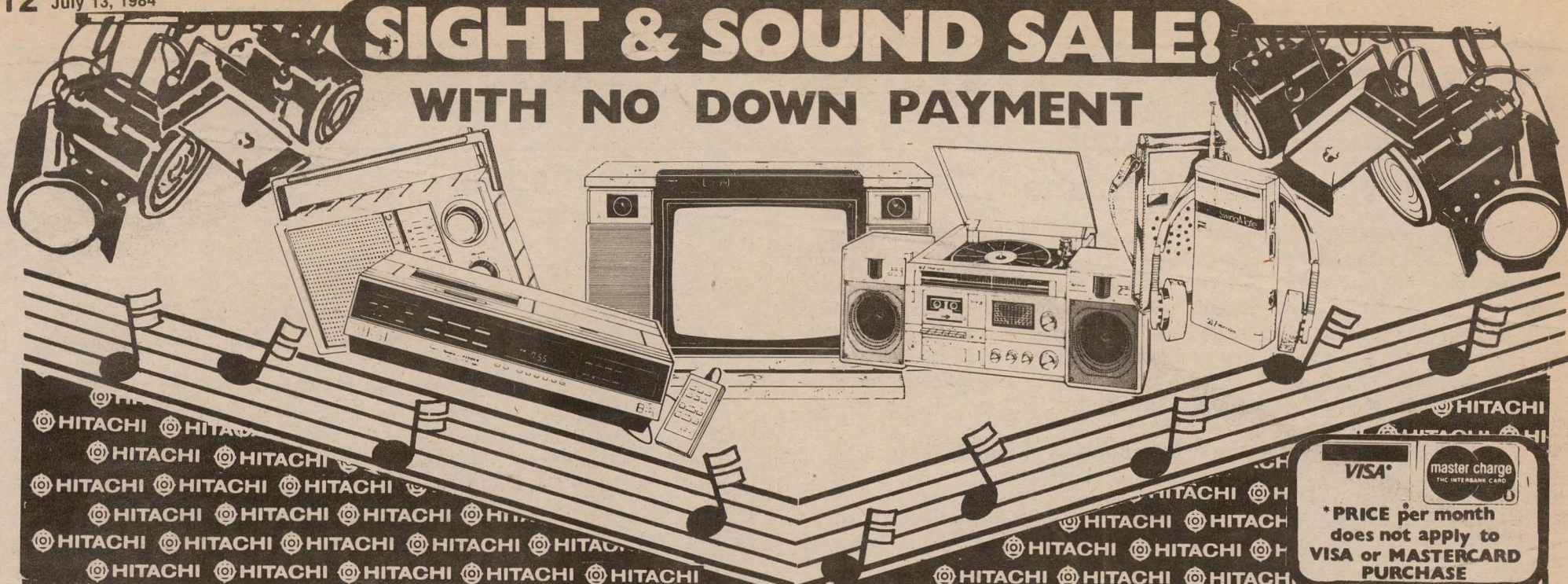
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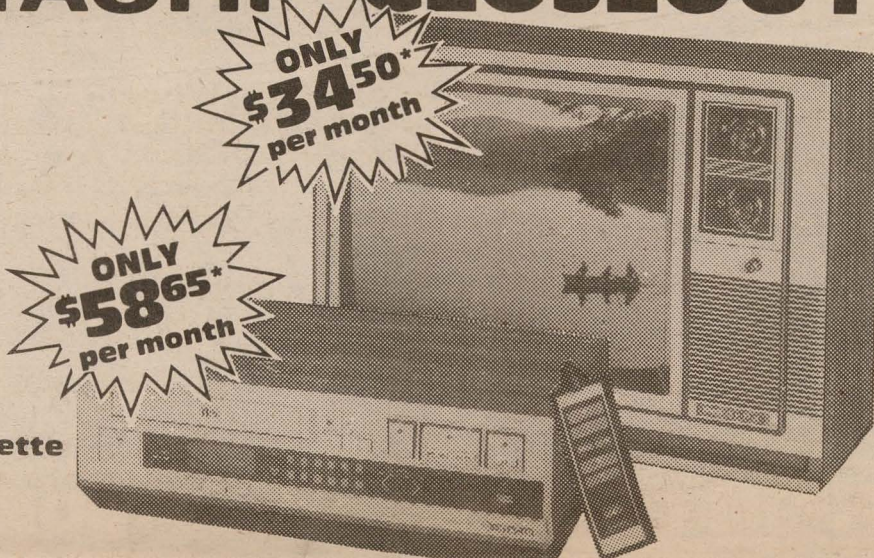
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Star Presidian

Vol. 27, No. 28

"Published in the interest of the people of the Presidio of San Francisco."

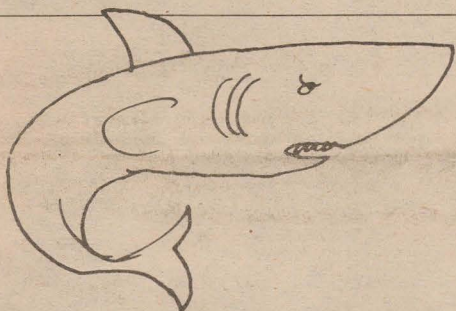
July 20, 1984

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Bataan: One man's march through Hell / **page 6, 7**



Sharks: Fish of ill-repute...is it deserved? / **page 8**

Movie Revue: "Risky Business," a no-risk and must-see film / **page 9**

...the write stuff...
Only in San Francisco would they have an 'only in San Francisco' festival / **page 10**

Aerobics: Stretch those legs, tone those muscles! Dance! Kick! Dance! / **page 11**

Olympic torch comes to post

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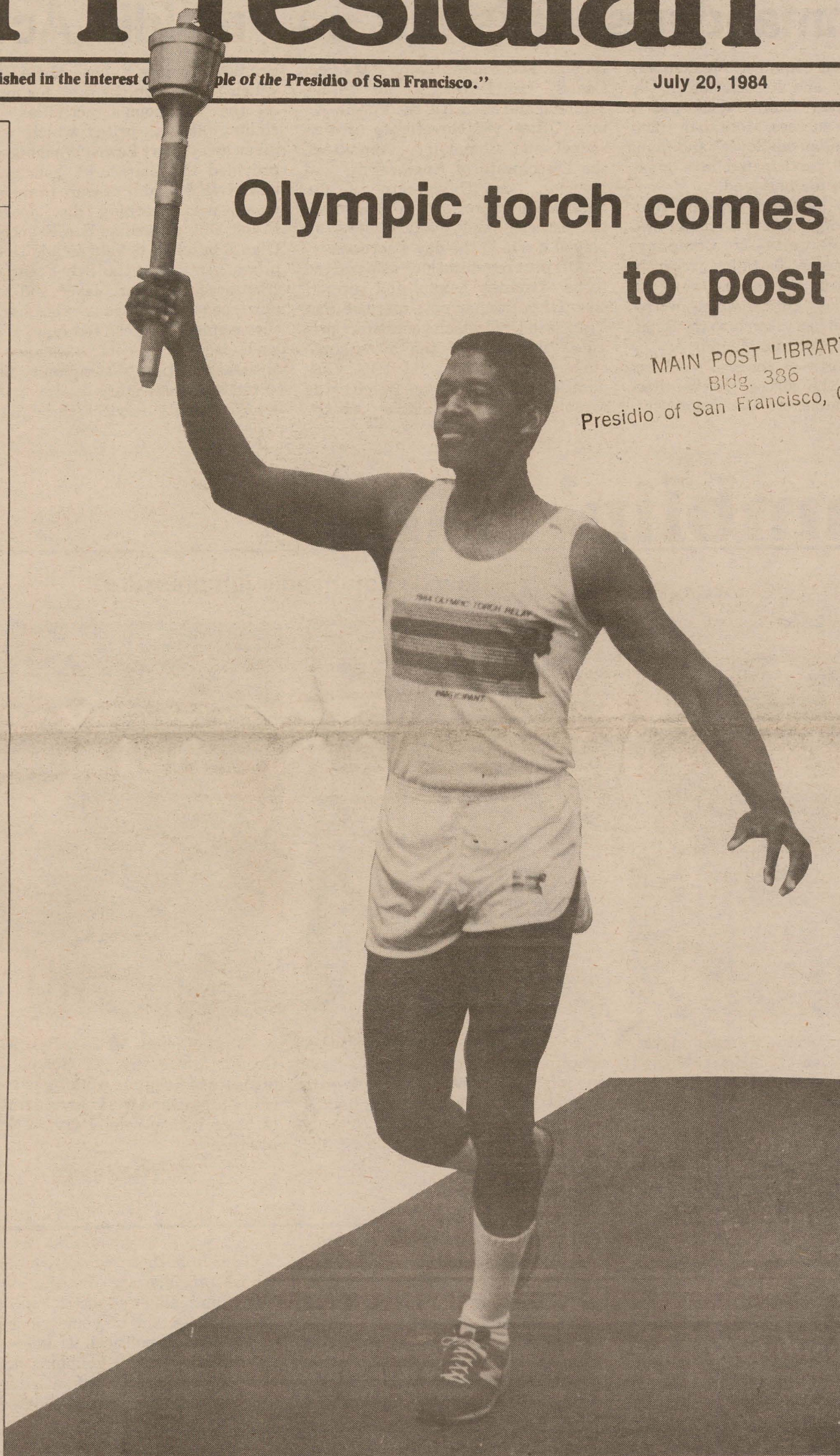


photo by Gilbert Garza

Sp5 Leo Simmons carried the Olympic torch through the Presidio on Monday.

Opinions

Commander speaks out on Presidio Activities Day

The recent combined Presidio Activities Day and Association of the United States Army Picnic was a tremendous success. More than 1,200 soldiers, civilian employees and family members participated in a great afternoon of fun and food.

The day gave the Presidio community an opportunity to honor two outstanding units—D Company, 864th Engineer Battalion, recently returned from Honduras; and the 16th AG Post Office, whose worldwide mission has taken it to the Sinai, Panama, Europe and Honduras.

The efforts of many Presidians resulted in the success of the afternoon. Headquarters Command Bat-

talion, Letterman Army Medical Center, the Directorate of Plans, Training and Security, the Public Affairs Office, the Directorate of Personnel and Community Activities, the Directorate of Engineering and Housing, the Directorate of Industrial Operations, Army Community Services, and many others all played a role in the day's success.

Off post organizations also proved to be extremely helpful and supportive. Of particular note are: the San Francisco USO which generously provided the bulk of the afternoon's stage entertainment; the FMC Corporation of San Jose which was responsible for the display of the

Bradley Fighting Vehicle; the AUSA which "picked up the tab" for much of the afternoon's activities, including several prizes which were given away; Fort Lewis, Washington, provided the Blackhawk helicopter; and KNBR Radio of San Francisco which sent morning disc jockey, Frank Dill, as well as San Francisco Giants baseball tickets as additional prizes. And even the San Francisco Giants sent former player and current scout Mike Sadek who signed autographs for interested fans.

To recount the contributions of all of these members of community fails to tell the whole story, however. Army Community Services, through the

operation of a small concession stand and profits from the "dunk tank", was able to make almost \$800. These contributions from the Presidio community will be returned to our community through ACS operations throughout the year. This is the lasting contribution of the labors of the entire community.

I also trust that another continuing benefit of this experience will be a solidification in the team spirit of the entire Presidio community. Teamwork is our strength. We are a good team and we're getting better. Let's make this next year the best one ever for the Presidio.

Ramblin' Sam

"How do you handle job pressure?"



Sp4 John Shaw, trumpet player, 6th Army Band, "I don't have a whole lot of pressure because my job is a lot of fun."



SFC Rosie Jones, computer operator, 6th Army, "I don't have any job pressure because I work with computers and they can't talk back."



MSgt. Robert McCoy, Readiness Group, 6th Army, "I handle job pressure by jogging, working out daily in the gym and working on a friendly basis with others. I try to think positively."



Heidi Barrentine, family member, "The first thing is to calm down and think rationally before making any decisions."

Editorial

If 1984 promises to be a banner year at the nation's ballot boxes, all the related political enthusiasm should infect just about everybody—including you as a Federal employee. The great American tradition of free, robust debate on public issues never has it so good as when it all boils

down to ballots cast in favor of this or that candidate or in answer to this or that referendum.

As you find yourself involved in some of that debate and advocacy it might be well to refresh yourself in the rules of the game, as viewed from your position as a Federal worker

To help in that review, Army personnel officials are distributing a "Do's and Don't's poster" on the range and extent of your participation in matters political. By following its simple and direct guidance, you'll have an easier time of sharing in democracy's ideal: helping choose the

nation's leaders and taking a stand on various public issues.

More detailed guidance on the issues and restraints pertinent to Federal employees' political activity is available at your local civilian personnel office.

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The Star Presidian is not an official Army newspaper. The views and opinions expressed in the newspaper represent individual writers of the publisher and are not to be considered those of the Department of the Army or any of its agencies.

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Discovering Presidio's 'international village'

by Bob Walker

An unknown international village exists right on the Presidio...and its people are struggling to learn the English language.

There are many soldiers' wives and even a number of troops themselves who are from countries that don't speak English, these are the 'international villagers'.

To fit into the community more readily, many are anxious to learn to speak English and to improve upon their current abilities.

For this reason, the Education Center has developed programs to help people improve their speaking, pronunciation, writing and vocabulary skills.

Regina Reddy is the instructor for two such programs. She teaches English as a Second Language for beginners to intermediate level students from 12:30 to 2:30 p.m. Mondays through Fridays. She also teaches an English Workshop—a five week series designed for those who already have good language skills that just need a bit of polish.

Why is speaking English so vital to foreign-born Presidians?

Korean-born Pu Cha Smallwood said, "The reason I am here is to help my future opportunity for jobs and to be able to speak to doctors and to understand them better."

Panamanian-born Alma Gingi said, "I want to teach English to children in my country. In my country we need English."

Onah Kim said, "I want a United States high school diploma. English will help me to get one."

Kwang Cha Meyer said, "It will help me to get United States citizenship."

What do the students think of the class?

Smallwood said, "I like the class with Regina. I've learned a lot of things. My husband says my conver-



sation is much better. I used to use a lot of broken English."

Kim said, "Regina is a very nice teacher. My sister who works at CID and takes classes too, says she will write a letter to the Ed Center saying that Regina should be paid more each month."

Reddy said, "The Ed Center offers them [the students] an alternative to community college classes. The Ed Center classes are smaller and offers

them a chance to meet with others who have the same problems. There are some people who have been here up to nine years who still have problems with sounds they can't make. The workshop is for those whose English level is good, but who want to polish up their skills."

The program, whether for beginners or advanced is open to adults 18 years of age and older. It's open to people of all nationalities. "Right

now we have military in the workshop from five different backgrounds—Chinese, Korean, Turkish, Spanish and Arabic," Reddy said.

First priority for enrollment is given to soldiers and then their family members. Reddy said, "People shouldn't be afraid of being too old or that their English is too bad. Just come in and try the classes."

What difficulties do natives of Presidio international village have?

Chaplain (Maj.) Roger Bradley, the family life chaplain here said, "Sometimes the American husband becomes frustrated because he can't communicate to convey concepts. Language problems can make counseling sessions very painstaking to gain an understanding. They often say they understand and you find later you're not getting through. I try my best."

He commented that husbands can get impatient with their wives, thinking that they aren't too bright, when in fact they are often very smart. The wives often become too dependent, feeling too insecure to go downtown by themselves because of their inability to read the signs.

According to Bradley, the best thing an American can do is to encourage a foreign-born spouse to take a class in English. The Americans should also encourage social contact with others, so that wives (or husbands) can become more familiar with conversational English.

"The wife should speak English in the home, so as to not frustrate the husband and so as to not hinder the children's education," Bradley added.

But fortunately, the Education Center's programs help improve the English speaking skills for those foreign-born family members and soldiers who are now part of a strange, new land, America.

Testing...one, two

by Jeane Redsecker

If the idea of taking a test causes you to break out in cold sweat, you may not be the ideal candidate for credit by examination. On the other hand, if you view a test as a challenge, a chance to test your wits and demonstrate your knowledge, then this program might be for you.

The concept of credit by examination recognizes that traditional college classroom instruction is only one method of learning. Work experience, formal or informal training, self-study, and in-depth reading may also provide sufficient knowledge of a subject to enable you to pass an examination recommended for college credit by the American Council on Education.

Let's take for example an imaginary testing candidate, Sgt. Joe Tentpeg. Joe is a radio-teletype operator, and this enabled him to pass Fundamentals of Radio. His

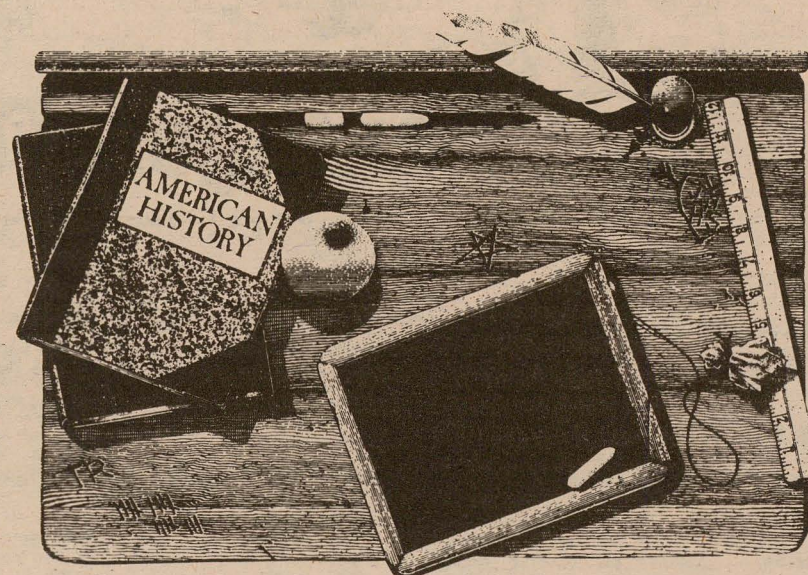
wife is German, and he has learned the language at the level beyond "Headstart." This helped him pass Beginning German I. Joe's hobby is repairing cars for himself and his buddies, resulting in a passing score on Auto Mechanics I. The tests Joe passed carry credit recommendations of 11 semester hours, the equivalent of about one semester of college. By taking copies of his test reports to COMPACT, he can get these credits posted directly on his personnel record.

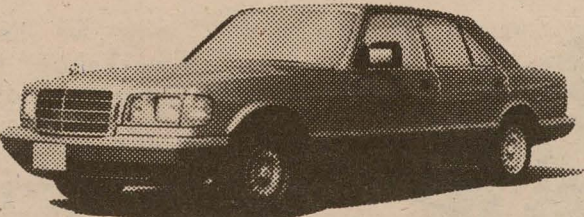
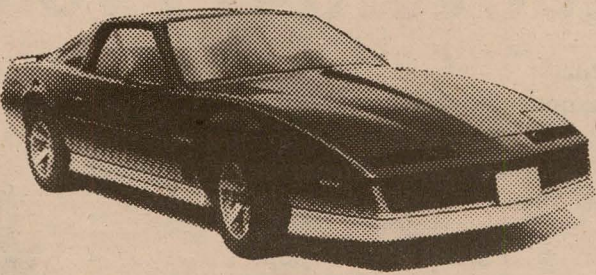
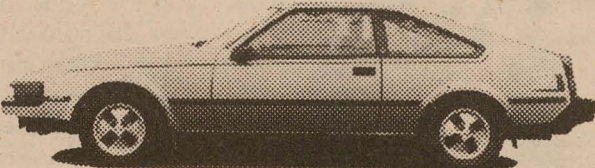
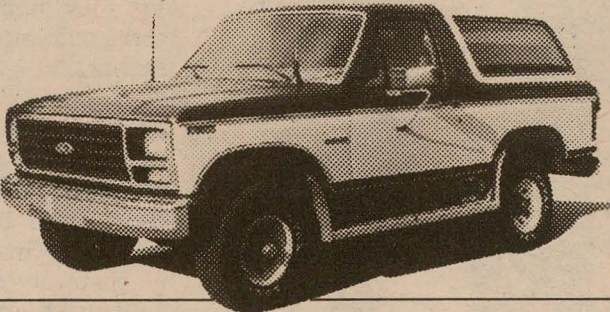
Another example? Pvt. Angela Lopez is a native Spanish speaker and had no difficulty passing Spanish Level 1 & 2. She was an excellent student in high school, where she took college preparatory courses, and she came into the Army directly after graduation with a GT score of 120. Her high academic ability enabled her to pass the English, Social

Science, Natural Science and Math parts of the college level examination program. Her total credit earned through these exams: 36 semester hours, which is the equivalent of more than one year of college!

And now the best news of all: all

exams are free to soldiers on active duty for at least 120 days. If you would like to look into credit by examination, see a counselor at the Ft. Scott Education Center, Bldg. 1216, or the LAMC Education Center Bldg. 1007.



☒ Yes. ☐ No.		☒ Yes. ☐ No.	
☒ Yes. ☐ No.		☒ Yes. ☐ No.	
☒ Yes. ☐ No.		☒ Yes. ☐ No.	

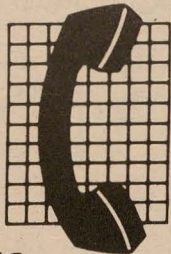
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Golden Knights 'link up' during parachute demonstration.

photos courtesy US Army Parachute Team

Soar with eagles, jump with Golden Knights

by Bob Walker

Do you enjoy flying through the air with the greatest of ease...sans airplane? But with a 'chute, of course!

If so, Presidio airborne troops might wish to try out for the Army's "Golden Knights" parachute team. Interested paratroopers must apply before July 30.

The "Golden Knights" perform over 300 shows a year throughout the United States, as well as traveling worldwide for demonstrations and competition. They perform before over 10 million spectators annually; doing various maneuvers as they parachute from their aircraft.

Since their beginning in 1959, the "Golden Knights" have earned 49 national and eight world championships.

If you would like to try out for the "Golden Knights" you must:

- be on active duty
- be in grades E-1 through E-6

- have at least 150 free-fall jumps to your credit

- reenlist if you have less than two years remaining on your current enlistment

- have a clean military record

The try-out program is tentatively scheduled for October 1 to November 11.

Applications may be obtained by writing to:

U.S. Army Parachute Team
Golden Knights
Attn: Try-out NCOIC
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Soldiers who want to head for the wild blue yonder with the "Golden Knights" have the opportunity to do so by taking that first step of applying for a try out.



Forming a circle in free-fall is one of many maneuvers Golden Knights perform.



photo courtesy Jess C. Velasco

Jess C. Velasco at the age of 21 displays his new uniform just issued to him by the Army. Velasco, a survivor of the Bataan Death March, worked in the POW camp as a carpenter during World War II.



photo courtesy Presidio Army Museum

The infamous Bataan Death March took its toll on soldiers who were starved, wounded, fatigued and suffering from heat injury.



photo courtesy Presidio Army Museum

Nurses stationed on Bataan were evacuated to Corregidor where they were later captured and taken to POW camps.



photo courtesy Presidio Army Museum

Conditions within the POW camps were less than adequate according to Jess C. Velasco, a former POW on Bataan.

Bataan

March to Hell...and back

by Pat Barham

"We write no last chapter. We close no books. We put away no final memories," promised President Ronald Reagan the day America buried her unknown soldier of the Vietnam era.

July 20 has been designated as National POW/MIA Recognition Day. Under conditions of hardship, making special sacrifices for their country POW's and MIA's have earned a place of honor for their selfless devotion to duty in the fight for freedom.

One soldier on the Presidio wore the uniform of another country but fought alongside Americans in the second World War and, for him, the memories are vivid. Jess C. Velasco, who works with the post Department of Engineering and Housing (DEH), was a mere 21 years old in 1941. His native Philippines were under the siege by the Japanese and was a place where fighting was intense and demanding. Having been a soldier in the Philippine Reserve, Velasco worked as a carpenter until his capture in April 1942. "I remember in April of '42 when the news came about our surrender. I was assigned to Co. A of the 14th Combat Engineers, U.S. Army (PS). It was a sad day but there was always the thought that somewhere others were still fighting the Japanese and that was a comfort," Velasco said.

"As a POW we were told that as Filipinos, if we behaved we would be going home soon. We were told by the Japanese that all of us (Americans and Filipinos) would be marched to our camps where we would be held and then hopefully released," he recounted.

"This began the famous Bataan Death March, but we didn't know at the time that this would be our walk to the holding camps.

"The sick and the wounded were left behind if they couldn't keep up with the group. The strong, which were few, couldn't help them because you would be shot along with those left along the road," he said.

Although the march was grueling and at

times inhumane, Velasco recounted the fact that fatigue, malnutrition, disease and wounds never stopped the survivors of the march because to give up was to die.

"I was on the water detail after the march. We reached our camp some 80 miles after the walk and with no available water we couldn't even cook rice to feed ourselves. Foul water had been found miles away from the camp but the bloody liquid was the only thing we had to keep us alive.

"I use to hide containers in my clothes just so I could bring extra water for the sick and wounded. We were only allowed to bring back a 55 gallon drum of water to supply the whole camp and that wasn't enough. We were told that if we escaped for each one of us 10 of our number would be shot and we believed the Japanese."

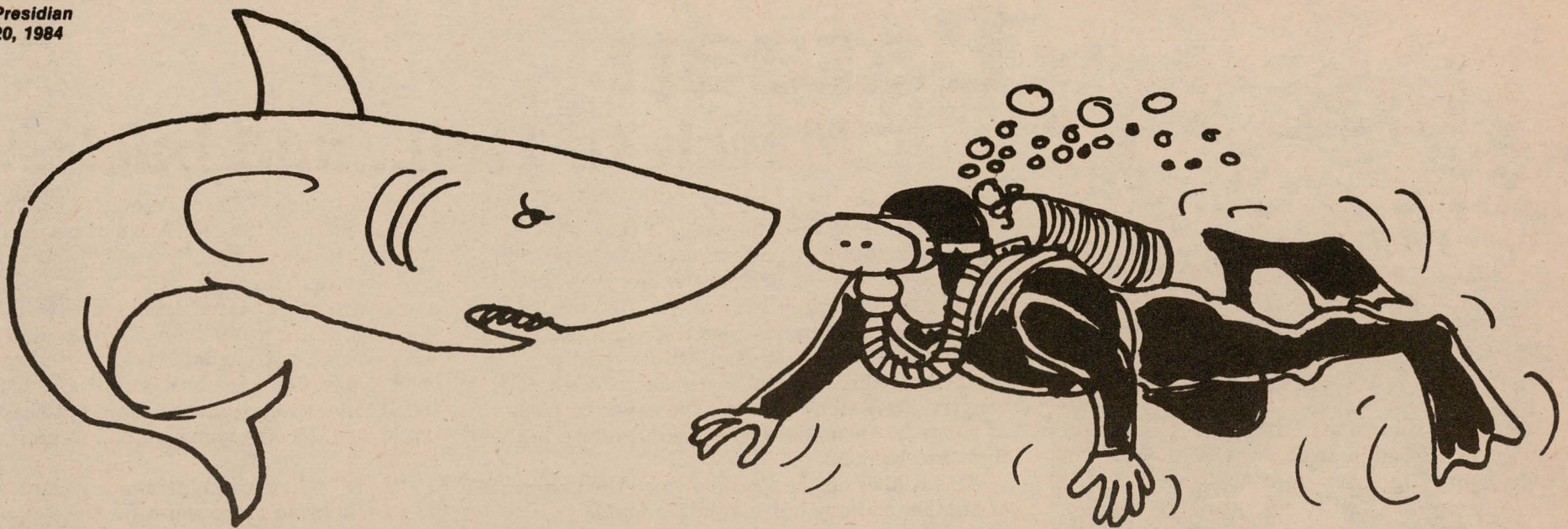
With tears welling up in his eyes, Velasco recounted a painful memory, "One cup of water was given to six or seven people in a group. I remember one time when a soldier voraciously, licked the inside of the cup for that last bit of moisture which minutes before had been full and passed to his six other buddies. I can't forget it; times were bad."

Through the efforts of Velasco and others like him some soldiers survived as POW's...others weren't so fortunate. As President Reagan said, the horrors of war past and present can only help reinforce our country's commitment "not to forget or fail to honor those who have served and are still serving their country so faithfully."

There are still some 2,500 Americans missing in Southeast Asia and for their families the memories will never die. For others who have returned and bear the scars of battle as POW's, hope continues.

How does Velasco feel about POW/MIA Day?

"I feel happiness and sorrow. I feel happy because I survived and was able to help others make it; sorrow for those who didn't make it," he said.



Sharks—vicious fish or victims of bad publicity?

by Tom Joyce

Shark phobia became a real national pastime in 1975 with the release of the movie *Jaws* and its sequel *Jaws II*. The mania has cooled somewhat since then, but people still look for fins before entering the water.

What are the chances of getting bitten by a shark? Experts say your chances of getting hit by lightning are much better. About 50 ocean bathers are attacked by sharks each year with perhaps 10 of the attacks fatal.

Doctor Bernard J. Zahuranec, with the Oceanic Biology Program, Office of Naval Research, thinks sharks, with the exception of the great white, have a bad reputation for all the wrong reasons. "For the most

part, sharks are not aggressive toward humans," he says. "Only under certain circumstances will sharks attack. For instance, if a shark feels cornered, it may attack. If a shark's territory is violated, it may attack to drive away the intruder."

Dr. Zahuranec also says that only 20 to 30 of the some 300 species of sharks have been known to bite people. "Some sharks are big, some are predators, and they may go where people go," he says. "But only a small fraction of them are aggressive."

But Dr. Zahuranec thinks it is more important to distinguish between aggressive behavior and the normal habits of sharks.

"If a shark goes after a piece of bait, is that being aggressive?" he

asks. "If someone is scuba diving in a black wet suit and looks like a seal to the shark, and the shark bites the diver out of curiosity, is that being aggressive?" In short, sharks don't have to be aggressive to pose a danger to humans.

Some things will attract sharks. The hemoglobin in blood is one. So is low frequency sound.

"Splashing causes low frequency sounds in the water," says Dr. Zahuranec. Shiny things will attract sharks. "A flashing lure may alert sharks," he adds.

Whether a shark will be attracted to you has a lot to do with the conditions at the time. It depends on the type of shark, water conditions and the amount of noise being made. If bathers are in the shallow, warm waters of the tropics, chances are pretty good that sharks will be there also. But not because people are there. The sharks were there first.

But it's not just warm water that attracts sharks. Dr. Zahuranec says abalone divers off the coast of Northern California have a good chance of encountering sharks, but people don't spend a lot of time swimming in that cold, rough water.

There are a few precautions people can take if they are going to the beach or find themselves in open water with sharks in the area.

First, if there is a lifeguard, check to see if there have been any shark sightings. Usually, if sharks are in the area, the lifeguards will sound an alert.

The sensible thing to do when you go into the water, and then spot a shark, is to get out of the water as quickly as possible. "But in getting out of the water, don't make too much of a disruption," says Dr. Zahuranec. "The more noise there is, the more curious the shark may be. Use regular, even movements; not excessive, irregular movements like splashing around."

Dr. Zahuranec says that if you are attacked, anything you can do to the shark is better than nothing. Hitting the shark on the nose falls under that category. And it's better to hit the shark with something other than a bare hand.

However, in the majority of cases involving shark bites, "the victim never saw the shark," says Dr. Zahuranec.

(American Forces Press Service)

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Time to Spare

Free evening at the DeYoung Museum

Informal talks by guest speakers and museum curators will explore American art and experience. The films, representing the best of a contemporary American art form, will give a visual commentary and extension of the themes discussed by speakers. Given in celebration of the opening of the American Galleries, the programs will run through August 29.

All galleries in the de Young Museum will be open from 5 to 9 p.m. and docents (lecturers) will be available to answer questions. Light refreshments will be on sale in the Cafe de Young and the Museum Bookshop until 8 p.m.

On July 25 the 7 p.m. talk will be *American Political Caricatures, Past and Present: Thomas Nast and David Levine*. Robert Flynn Johnson, Curator-in-Charge, Achenbach Foun-

dation for Graphic Arts, the Fine Arts Museums of San Francisco.

The 8 p.m. film will be the Academy Award-winner, *The Great McGinty* (1940), Preston Sturges, director, with Brian Donlevy, Akim Tamiroff, Muriel Angelus, William Demarest.

Remember, Admission to the Museum and to all events is **FREE**. For more information, call 750-3624.

Fall activities

The Presidio Officer's Wives Club and the Letterman Women's Auxiliary invite all wives to attend the Annual Fall Activities Sign-up Coffee, to be held on Thursday, September 13 at 9:30 a.m. at the Presidio Officer's Club. We are looking for anyone who would be interested in teaching a class. Share your talents and hobbies with the people in your community. Also let us know what classes you would be in-

terested in attending. For further information and suggestions, please call Sharon Freeman at 221-3886 or Helen Tolfa at 563-5540.

Community luncheon

The Friday Community Luncheon is back in operation. It is held every Friday from 11:30 to 12:15 p.m. at the Religious Activities Center, bldg. 682. We will be serving soup and sandwiches. Come and share good fellowship and community news.

Preseparation briefing

A Preseparation Briefing will be held Wednesday, Aug. 8 at the Army Education Center, Bldg 1216, from 8 - 11 a.m. All soldiers who plan to ETS before Oct. 31, are required to attend. Spouses are invited and encouraged to attend. Topics covered will include VA Benefits, Schools, Careers, Army Reserve, National

Guard, ROTC, and other items of interest to the soldier.

For more information, contact George Dokes or Bonnie Kamepar at 561-4445/2974, Army Education Center, Bldg 1216.

Welcome tea

The Presidio Officer's Wives Club and the Letterman Women's Auxiliary invite all officer's wives who are new to the area to a Welcome Tea on August 2, 1984 at Lt. Gen. Arter's Quarters, from 1 to 3 p.m. For further information please call Sandy Halsey at 922-2380.

Cub Scouts

Cub Scout Pack 77 welcomes new families to the Presidio of San Francisco. Boys, between the ages of 8 and 11 and their parents are invited to join our pack. Please contact Bob Box at 750-3758 or Dave Danley at 750-3755 for more information.

Movie Revue

by Liz S. Critique

I never thought I'd enjoy a movie about a super-straight preppie who goes to a preppie high school and is about to go off to a preppie college.

I was wrong.

I first heard about "Risky Business" (showing soon in San Francisco) when Siskel and Ebert reviewed it on TV; including it among their top 10 movies for 1983.

I was intrigued.

In their review they showed what has to be the classic "the folks are out of town, NOW I can have some fun!"

film clip of all time. While Mom and Dad are away, they leave Preppie, jr. in charge with only two admonitions: don't change the sound levels on the stereo and don't drive the Porsche.

"We trust you," they say as they leave for the airport.

Alone at last, our hero (played by talented Tom Cruise) cranks up the stereo and puts on Bob Seeger's, "It's all Rock 'n Roll To Me."

Wearing just a shirt, underwear and socks, he turns up his collar, picks up a trophy for a guitar substitute, and gets down as he

dances atop the coffee table (remember he's wearing socks).

And then it gets interesting! No, I'm not going to give away the plot. I'll leave that to those fiendish movie critics (unlike Siskel and Ebert) who hate most movies, most of the people who make movies, and all of the people who go to movies.

(Pssst! He gets to the Porsche later!)

No, I'll only say that everyone should go see "Risky Business"... the most underrated movie of the decade in my not-so-humble opinion.

"Risky Business"

If you don't believe me, go see it anyway. It's one of those movies that gives you that, "I feel good all over" feeling when you walk out of the theater—with a bounce in your step and a twinkle in your eye.

Risky Business plays at the Strand Theater across from the Civic Center (1127 Market Street on July 28. General admission is \$3; call 621-2227 for more information.

(Editor's note: Ms. Critique fell in love with "Risky Business" early this year and it has been her personal 'cause' ever since.)

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Community Calendar

San Francisco Marathon announces prize money

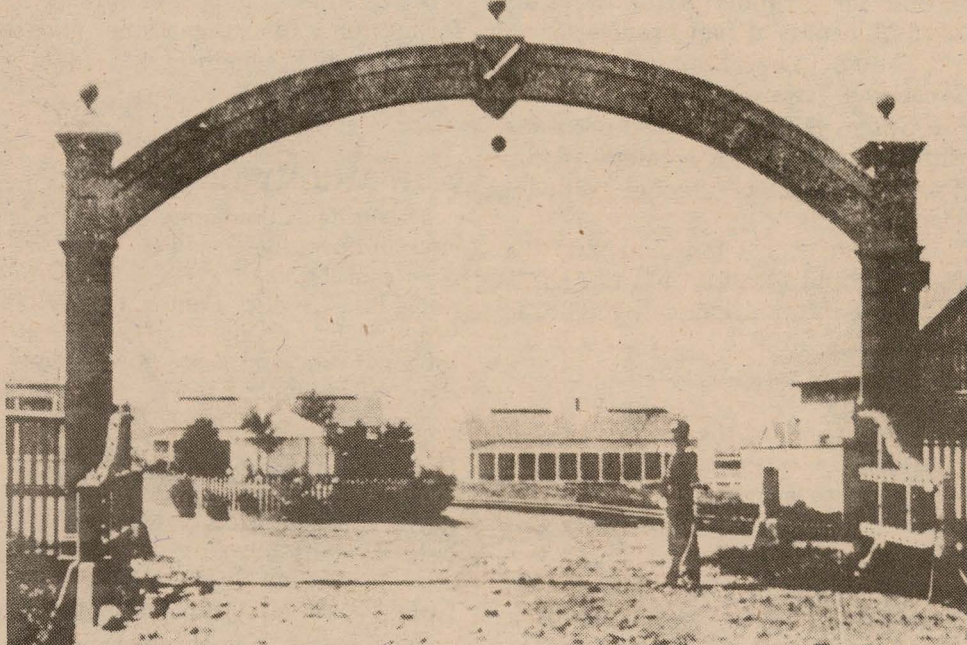
San Francisco, June 29, 1984--For the first time in its eight-year history, the San Francisco Marathon and sponsor Paul Masson Vineyards will offer \$50,000 in prize money to the top male and female finishers in the August 19th race.

The prize money will be distributed equally among men and women with \$10,000 going to the fastest finisher in each division, \$5,000 to second place and \$3,000 to third. In the Master's category for both men and women, the winner will receive \$500, the runner-up \$300 and third place, \$100.

Paul Masson, in their fourth year of sponsorship, created the Paul Masson Prize Fund, which is expected to attract world-class runners to the race most often referred to as the third jewel in the prestigious "triple crown of road racing," Boston, New York and San Francisco.

"The addition in 1984 of the Paul Masson Prize Fund to the San Francisco Marathon's already attractive qualities--the weather, the course and the city itself--make this race an exceptional one for runners in all categories," says Race Director Scott Thomason.

Since this is an Olympic year, Paul Masson will be offering an additional \$2500 bonus if either of the



Historic photo

photo courtesy Presidio Army Museum

A lone sentry stands guard at the entrance to Fort Scott in 1869.

winners better the Olympic championship time posted in the Games in Los Angeles the week before. Defending San Francisco Marathon champion Pete Pfitzinger will be running in the Olympic marathon, having qualified for the United States' team last month.

Morris Katz, chairman of Paul Masson Vineyards, describes the purpose in creating the Paul Masson Prize Fund: "Paul Masson and the San Francisco Marathon are helping

to provide the direct financial support necessary to allow elite runners to continue to perform on a world-class level. We expect the added incentive will produce an exciting and competitive field."

In accordance with amateur rules, all monies won will be put into a trust fund handled by The Athletics Congress. Only since 1982 have athletes been able to accept prize money and still remain eligible to compete under the jurisdiction of The Athletics Con-

gress. The \$50,000 can be deposited in the athletes' trust funds from which they can draw their living, travelling and training expenses.

Adopt an animal at the Animal Olympics party!

You don't have to go to the Olympics to see the world's fastest sprinters, most agile gymnasts or best swimmers. You can see them all right here at the San Francisco Zoological Society's Adopt An Animal Party today from 6 to 9 p.m.

Zoo parents and their immediate families will enjoy a festive evening wandering through the zoo discovering outstanding zoo Olympians — sprinters (cheetahs), gymnasts (orangutans), swimmers (penguins), weight lifters (ants), long jumpers (giant grey kangaroos), high jumpers (mountain lions) and many, many more.

It's not too late to adopt an animal and join the fun. Adoptions and invitations will be available at the gate the evening of the party. Adoptions begin at \$15 and are tax deductible contributions used for habitat improvements at the zoo. To adopt an animal or find out more about the Adopt An Animal Party, call 665-1650.

... the write stuff ...

By Richard Wetzel

San Francisco is a convention city, and the one held here this past week was a real doozy...Can I talk about the convention now?...no?...oh,... in that case, never mind.....Well, there is another party (pardon the pun) in town... The "Only in San Francisco Festival," perhaps in celebration of that other party ending, (oops, I did it again). It's a 3rd Annual and continues through Sunday at 5 p.m... The highlight will be a Five Block-Block party, Saturday from 5 to 11 p.m., featuring live music, dancing, crafts, drinks, samplings (??), art and fashion shows and lots of good will and cheer, all along the Podium levels from One Embarcadero Center at Battery and Sacramento to the Atrium lobby of the Hyatt Regency. Be ready to PARTY!

Ringling Bros. and Barnum and Bailey Circus present the Clown College Auditions, Saturday at 10 a.m. in the Cow Palace...You can call 421-9270 for more information, like I did, and talk to some lady with a sexy accent. She doesn't know very much about it, but she's nice to talk to anyway....The Black Raven Bagpipe Band of San Francisco presents the Annual Scots Faire, at the Dunsmuir House and

Gardens in Oakland, Sunday 10 a.m. to 5 p.m. Featured will be a bagpipe exhibition and highland dancing. Bring a jacket, with all those lungs, it's likely to be a windy affair...

The Houston Astros are in the city this week to take on the S.F. Giants (although they're playing like midgets), Tuesday and Thursday, 7:10 p.m. and Wednesday, 11:40 a.m....The Giants will play Atlanta (My, but they're Brave) Friday 7:40 p.m.... Get in those games free by showing active duty ID Card at Candlestick Box Office...The Oakland A's are also batting on home turf this week against Milwaukee. These games are only half price with ID, but then you pay more for a team that at least has a chance to win...Check with the USO at 552-2436 on the day of the game you wish to attend for possible free box seats for either team....

The \$265,000 TransAmerica Open Tennis Championships start Sept. 17-23 at the Cow Palace. John McEnroe, Ivan Lendl and Tim Curren are scheduled to play as well as many others. Tickets range from \$5-17.50, which is a long ways from the figure a few sentences above. That's enough to make anyone throw a temper tantrum....

MUSICAL SNUFF...Concerts in huge halls,

coliseums and stadiums get to be a bit of a bore, if not a hassle. Standing in line to get tickets, standing in line to be searched by security guards, standing in line to buy beer, only to stand in another line to dispose of beer, is not my idea of entertainment. It reminds me too much of basic training...(NO BRASS—NO AMMO, SERGEANT!!!!)...Some of the smaller clubs in the city offer a bit more hospitality. You can actually see who the performers are, the sound is often better, and at least those lines are shorter....Some clubs and performances you might want to check out this week—Ronnie Spector and Martha Reeves play at Wolfgang's, 901 Columbus Ave., tonight at 10 p.m....Fast Floyd and the Fabulous Firebirds tonight at the Brick House, 1028 Geary...Blue Survivors, tomorrow night at the Saloon, 1232 Grant Ave. and Translator, tomorrow night at the Stone, 412 Broadway....OK, so you never heard of some of those bands. Neither have I. But it sure beats sitting at home listening to old scratchy recordings of AC/DC....

QUOTE OF THE WEEK: "I never give them hell. I just tell the truth and they think it's hell."—Harry S. Truman.

At the movies

Presidio Theater

July 20	Purple Hearts (R)	7 p.m.
July 21	Rhinestone (R)	7 p.m.
July 22	Rhinestone (R)	2 & 7 p.m.
July 23	Rhinestone (R)	7 p.m.
July 24	Racing the Moon (PG)	7 p.m.

July 25
July 26

Schwartz Theater

July 23
July 25
July 26

The Bounty (PG)
Blue Thunder / Stripes (R)

7 p.m.
7 p.m.

Purple Hearts (R)
Rhinestone (R)
Racing the Moon (PG)

7 p.m.
7 p.m.
7 p.m.

Sports

Recreation Center

Enjoy Fun in the Sun. If you haven't ever been canoeing, now is the time to enjoy nature's finest rafting on the Russian River. Set your sight, mark your calendar, for Sat., Aug. 11. The trip departs from Presidio Recreation Center 8 a.m. and returns at 8:30 p.m. Trip includes a leisurely relaxing canoe float, starting with wine tasting at Geyser Peak Winery, then 4 to 5 hrs of rafting, then a barbeque dinner. All this for \$30. Sign up by July 28 at the ITT Office, Bldg 385 (old Play House). Phone 561-3992, or after 6 p.m. weekdays and on the weekends at the Recreation Center, Bldg 1331 after 2 p.m. For more information 561-2000.

Tournaments

The Recreation Center is searching for participants for darts, table-tennis and 8 ball pool for Travis AFB Tournament Invitational on Sat., Aug. 4. Show your enthusiasm for the Presidio, bus leaves 10 a.m. from the Recreation Center Bldg. 1331. Interested players should call the Rec. Ctr. after 2 p.m. to sign up at 561-2000.

Fun Run cancelled

The Presidio Officers' Club Fun Run scheduled for Saturday, July 28, has been cancelled due to poor response.

YA Soccer

Sign-ups for YA Soccer will be on July 28 from 9 a.m. to 1 p.m. and Aug. 2, from 5 to 7:30 p.m. at the Main Post Gym Lobby. Registration fee is \$10. The season will kick off on

Aug. 11 with a Soccer Clinic conducted by Jack Hyde, San Francisco State Soccer Coach from 10 a.m. to 1 p.m. at the Log Cabin. For more information contact YA office at 561-5143.

Intramural Softball League Standings

Team	Won	Lost
Oakland AB	16	0
A Team	14	0
6th Army	12	3
Attorneys	9	3
Red Cross	12	4
DLI, Co G	10	4
USACC	11	5
864th Engr	10	5
Doctors	9	6
USAG	9	7
LEC	8	7
LAMC 2	6	6
DEH	7	8
FBI	5	9
DLI, Co H	5	9
LAIR 1	5	9
MSC	5	11
4 Seasons	4	10
6th Army Band	3	11
LAIR 2	0	17

864th Wins its 9th... in the 9th inning!

by George Collier

The 864th won its Thursday evening game with CO. H DLI by the score of 1-0.

Neither team could score in the early innings and 864th got the one run win in the last inning. Only in the fifth inning did both teams look ready to score. Vangordon, the shortstop for CO. H DLI made a spectacular double play to short circuit 864th's effort at scoring.

The favor was returned when CO. H DLI was attempting to score with two men on base, and the next batter grounding out to second leading to the second double play.

CO. H DLI dropped to 4 and 8 in league standings with 864th improving to 9 and 4.



photo by Liz Greeley

Karen Behnke, R.N., demonstrates a stretching exercise to her aerobics class—an important part in preventing sports injuries.

Get fit with aerobics

Get fit and stay fit! High energy classes including stretching, toning and aerobic conditioning done to pop music, are held daily at Post Gym No. 1. Classes are ongoing; you can join any time.

Classes are:

- Monday through Friday, 11:30 a.m. to 12:30 p.m. Sandy Meyer, instructor. For a four-week session, cost is \$25 for 8 classes; \$35 for 12 classes; \$40 for 16 and \$45 for daily classes with a \$3.50 drop-in fee.

- Tuesday and Thursday from 4:30 to 5:30 p.m., or 5:45 to 6:45 p.m. with instructor Karen Behnke, R.N., president of Execu-Fit. For a four-week session, cost is \$22 with a \$3.25 drop-in fee. There is a free introductory class and all classes are open to both men and women, all ages, all levels of fitness. (Participants are encouraged to exercise at their own pace.)

Register with the instructor at class, or call 381-3382 or 561-4120 for more information.

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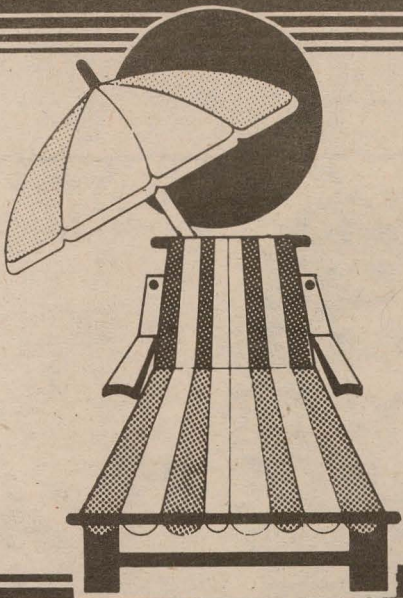
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Star Presidian

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July 27, 1984

News briefs

No tuition assistance reduction

The plan to reduce Army Tuition Assistance (TA) as of October 1 has been rescinded. Soldiers eligible for the GI Bill are encouraged, but not required, to use it rather than TA.

Rates currently in effect are:

Soldiers in pay grades E-1 through E-4: Army pays 75 percent of tuition/instructional fees.

Soldiers in pay grades E-5 through E-9 with 14 or more years of service: Army pays 75 percent of tuition/instructional fees.

Soldiers in pay grades E-5 through E-9 with less than 14 years service: Army pays 90 percent of tuition/instructional fees.

Commissioned and Warrant Officers: Army pays 75 percent of tuition/instructional fees.

Questions about Army Tuition Assistance may be directed to the LAMC Education Center, bldg. 1007 call 561-4030 or the Ft. Scott Education Center, bldg. 1216 call 561-2974.

AMAA meeting—what every military family should know

There is an Army-wide effort underway to educate retiring soldiers about the financial hardships that can happen to their families if they should die suddenly.

"What your family's financial condition is following your death will depend largely on the arrangements you make now," says retired Army lieutenant colonel, Kirkwood Martin, President of the Army Mutual Aid Association (AMAA). "It just makes good sense, and should be a part of every soldier's personal plan for the future."

Lt. Col. Martin is presenting the AMAA-sponsored one-hour briefing focusing on the Survivor Benefit Plan and the key to successful planning for families. The brown-bag event will be held in Torney Hall (ground floor, LAMC) on Monday at 11:45 a.m.

This annual briefing supplements similar information which was presented at ACS' (Army Community Services) semi-annual pre-retirement briefing at the NCO Club on July 23. Spouses of soldiers planning to retire are urged to attend.

For more information, call the Sixth US Army Public Affairs Office at 561-3843.

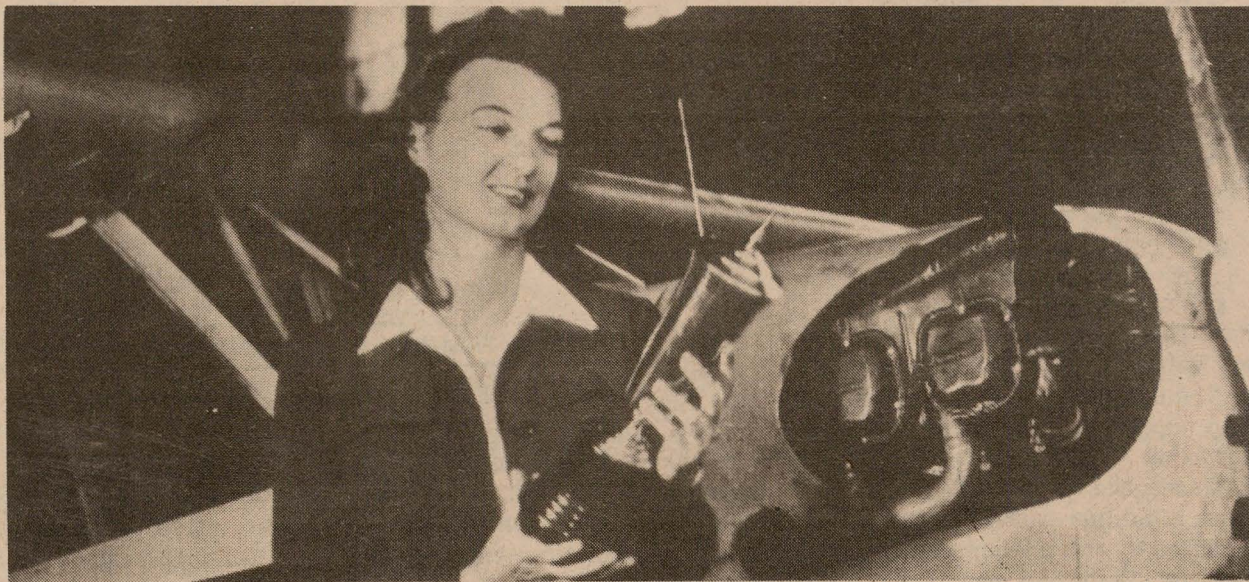


photo courtesy Presidio Army Museum

Jackie Hughes Petty poses with a trophy won for spot landing. (Please see story on pages six and seven for more about WASP pilots)

Profiles to be screened by MMRB

By Pat Barham

As of July 1, soldiers who have a permanent physical profile with a numerical factor of '3' or '4' in any of the physical profile serials (PULHES) will be evaluated under the new Physical Performance Evaluation System (PPES).

The PPES is a new program which streamlines procedures for the field to evaluate the physical qualifications of soldiers and to determine a soldier's deployability and PMOS/Specialty Code performance under worldwide field conditions.

The PPES will give commanders the means to determine a troop's deployability condition and to recommend retention, reclassification or referral to the Physical Disability System if needed.

Under the new provisions of AR 600-60, the Army's Physical Performance Evaluation System, all active duty soldiers with a permanent numeral '3' or '4' in the profile serial (PULHES) would automatically be referred to the MOS/Medical Retention Board (MMRB) for screening.

The board or its official representative then obtains the medical and personnel records of the person appearing before the board. At that time the service member is informed in writing that he/she is scheduled to appear before the MMRB. Normally all soldiers that are scheduled to appear before the MMRB that are within 180 days of ETS or on assignment instructions will be scheduled for prompt action.

Each soldier will appear before the board separately and may be accompanied by a commissioned, warrant or non-commissioned officer of his or her choice, with that person's consent.

On completion of the hearing there are several recommendations that the MMRB can make to the convening authority. They are:

- retain the current PMOS or Specialty Code.
- be placed on a probatory status until the condition allows for the soldier to be deployable worldwide.
- recommend reclassification or change of specialty code.

The MMRB may preclude that a soldier can function within his/her designated MOS or

Specialty Code and retain the current PMOS and Code. This means that the soldier is fully deployable. When the MMRB places an individual on probation the probationary period will not exceed a period of 6 months. During that time the commander may be directed by MMRB to evaluate the soldier's progress after 90 days. At the end of the probationary period, if the soldier has not made any progress he/she is then referred back to the MMRB for reevaluation. If the MMRB is recommending reclassification there are several things that the board takes into consideration:

- expected value to the Army in a new PMOS or specialty.
- commander's comments
- worldwide deployability
- past and present job performance
- prior military and civilian training and experience
- ASVAB scores (for enlisted soldiers only)

After deliberation, the soldier be informed of the findings and recommendations. The board's actions will not become final until the convening authority has reviewed and then approved the recommendations of the MMRB. The service member may submit a rebuttal in writing within two working days after the board adjourns to the convening authority.

According to MSgt. Steven C. Bryans, personnel management supervisor, COMPACT, "We are now in the process of putting the MMRB into effect. We have quite a backlog of soldiers now; this will probably mean that the MMRB will convene about twice month until the backlog is removed and things get back to a normal workload."

Under the new regulation, the screening boards will consist of a colonel, a colonel or lieutenant colonel medical officer, two lieutenant colonels, a sergeant major and a personnel officer.

In months to come soldiers throughout the Presidio will be scheduled to attend the MMRB. "Through the new system the Army's capability for rapid worldwide deployment should be enhanced," said Bryans.

Opinions

Editorial by
Colonel Eugene D. Hawkins

In a recent edition of a newspaper targeted towards the Army audience, a former soldier stationed at the Presidio expressed the feeling that "too much attention is given to dependents."

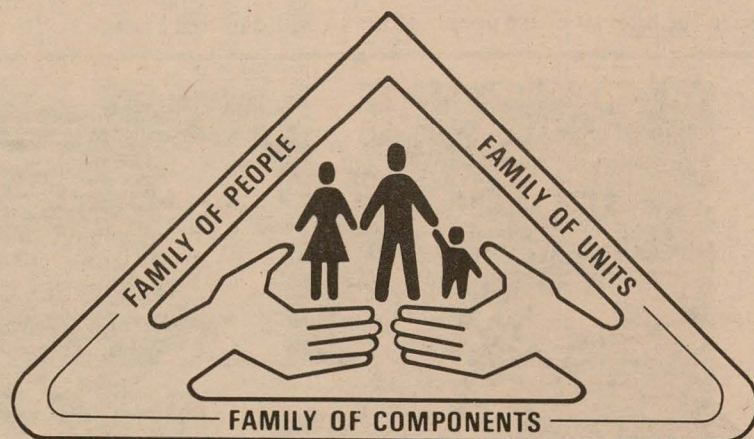
In this year of the Army Family, nothing could be more off base. As many of our soldiers can attest, the family is the strongest link in our desire to defend this great nation.

Without these "dependents" who are now referred to as "family members," much, if not all, of the community spirit at the Presidio would not exist.

In his letter, the soldier indicated that several buildings at the Presidio were renovated by troop labor for the benefit of the "ladies of the thrift shop" while no work was expended on barracks for the soldiers. It is obvious that this soldier has no idea what he is talking about.

The renovation of buildings for the Thrift Shop was accomplished for several reasons, none of which was "for the ladies."

First, the Thrift Shop was moved to an area adjacent to the Post Exchange retail area in the hopes that sales opportunities would increase,



which they have indeed done.

Second, the facility vacated by the Thrift Shop was then converted to support the installation child care facilities after school program. The institution of such an after school program filled an important need on this installation, helping to eliminate the so-called "latch-key kids."

The funds that are raised at the Thrift Shop through the efforts of volunteers (family members of personnel of all ranks) are returned to the Presidio community through the Youth Activities programs. Without this support, the Youth Activities programs would suffer greatly.

During 1983, for instance, contributions from the Thrift Shop to the Youth Activities programs totalled more than \$27,650. This was made possible by the more than 7,800 hours of volunteer work performed at the Thrift Shop itself.

As many of you know, barracks renovation is high on my list of priorities. We have recently renovated Building 1208 for D. Company, 864th Engineers. We have repainted, refloored, replaced windows, completed an electrical retrofit and repaired the entire latrine area. The next building to receive similar treatment will be Building 1207.

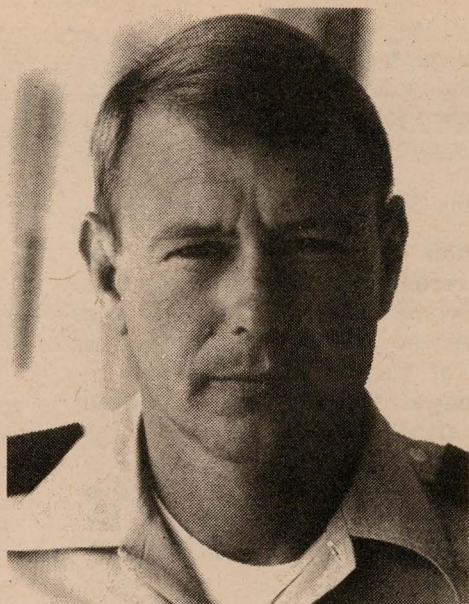
We have also been fighting hard to acquire the necessary funds for the construction of new barracks facilities. In the next fiscal year, we will be breaking ground for two such barracks, one for U.S. Army Garrison and the other for Letterman Army Medical Center.

This former soldier's letter gives me the opportunity to address these issues, but it also gives me an opportunity to reflect on the value of the family members who are so precious to us all. Many of the activities at the Presidio of San Francisco are virtually dependent upon volunteers for their success. Army Community Services alone have recorded almost 7,700 hours of volunteer work during the first six months of 1984. The Red Cross has benefited by another 24,000 hours. The list goes on. Without these volunteers, most of which are our family members, and the support they provide, much of our personal motivation to succeed would not exist. The Army, indeed the nation, succeeds because of our bond with our families. They are our strength.

To these very special and important people, I say thank you. And God bless.

Ramblin' Sam

"What's the most 'glamorous' branch of the Army? Why?"



Capt. William W. Sondervan, post adjutant, "The most glamorous would be an infantry airborne ranger, but only if you want to do that kind of thing. The most glamorous branch to me is my own in MP and AG. I selected them because I'm good at them and enjoy doing this kind of work—I wouldn't change it."



Maj. Jimmy Jacobs, chief of operations, 6th Army, PAO, "Though it's not a branch of the Army, I'd have to say Public Affairs business because PAO types are the first to go and the last to know."



Capt. Dale Seago, operations officer, DPTSEC, "I'd have to say my own branch of MI. I don't think there's anyplace else in the Army where you work more creatively, having role playing, and sometimes where you wear civilian clothes and carry a gun; it has the James Bond mystique."



Capt. Joel Cameron, actions officer, 6th Army, "My branch is air defense. The most glamorous certainly is not air defense. Armor would be the most glamorous because they pretty much lead the way—leading the way for the rest of the military."

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Absentee voting important to soldiers on the go

Everyone knows that the life of a professional military member is a very mobile one. And, unless you happen to be stationed in your hometown, casting your ballot for the candidate of your choice can be difficult. That means you'll have to vote absentee.

All members of the Armed Forces, their spouses and family members, 18 years or older, who are U.S. citizens can vote by absentee ballot in federal, state and most local elections in one's legal state of residence (a federal election is any general, special, or primary election held to select, nominate or elect candidates for the office of President, Vice President, Presidential elector, Member of the United States Senate, Member of the United States House of Representatives, Delegate from District of Columbia, Resident Commissioner of the Commonwealth of Puerto Rico, Delegate from Guam or Delegate from the Virgin Islands).

What is your "legal state of residence?" When it comes to voting, it's the state in which you last resided before entering military service, or the state you have since claimed as your legal residence. Even if you don't have any formal ties (owning land, for example), and address is needed to place you in proper voting district.

Procedures have been established at the state level under the Federal Voting Assistance Act (FVAA) to let U.S. citizens stationed away from their legal residences register and vote in local, state and federal elections by absentee ballot.

And the easiest way to do that is

to use the Federal Post Card Application (FPCA) available at your legal office or from your Voting Officer. The FPCA is accepted by all 50 states as either an application for registration forms or as the registration form itself. Further, most states recognize the FPCA as a request for a ballot. You can also send a written request for ballots to your county or town clerk.

If you are already registered to vote and just want to request a ballot, your FPCA should reach election officials in your town at least 40-45 days before the election. If you want to register and get a ballot, allow more time. Some states require separate requests for registration and ballots. And most states require separate requests for each election.

Federal Post Card Applications can be mailed free of charge from any APO or FPO mail facilities, all U.S. Embassies and any post office in the United States.

Recognizing that state and local governments have different rules concerning voting, keep in mind that your Voting Officer has information that will give you detailed information on laws for each state. And any questions which can't be answered by a Voting Officer or counsellor should be directed to:

Director, Federal Voting Assistance Program
Office of the Secretary of Defense
Pentagon, Room 1B457
Washington, D.C. 20301

(American Forces Press Service)

Political activity

Rules for voting

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You may express your opinion about candidates and issues.

You may participate in campaigns where none of the candidates represent a political party.

You may contribute money to a political organization or attend a political fundraising function.

You may wear or display political badges, buttons, or stickers.

You may attend political rallies and meetings.

You may join a political club or party.

You may sign nominating petitions.

You may campaign for or against referendum questions, constitutional amendments, municipal ordinances, etc.

You may not campaign for partisan candidates or political candidates or political parties.

You may not work to register voters for one party only.

You may not make campaign speeches or engage in other activity to elect a partisan candidate.

You may not be a candidate to work in a campaign if any candidate represents a national or State political party.

You may not collect contributions or sell tickets to political fundraising functions.

You may not distribute campaign material in a partisan election.

You may not organize or manage political rallies or meetings.

You may not hold office in a political club or party.

You may not circulate nominating petitions.

You may not campaign for or against a candidate or slate or candidates in a partisan election.

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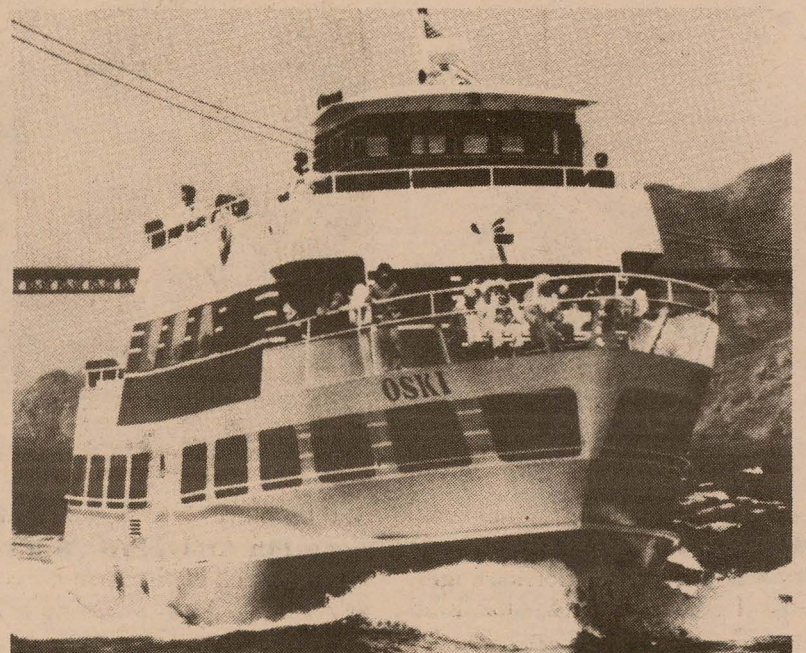
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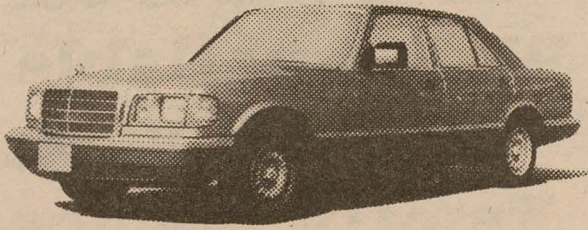
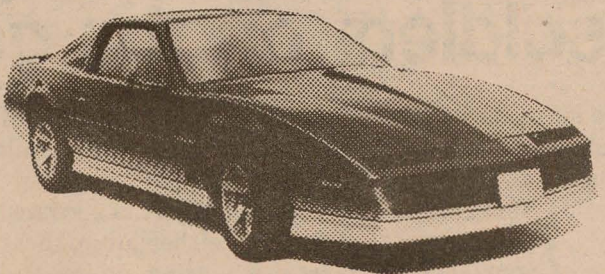
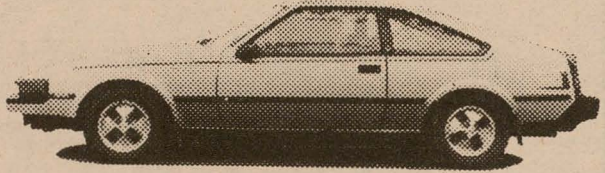
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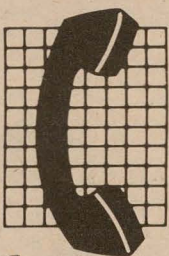
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Changes in Courts-Martial manual simplifies procedures

by Pat Barham

Courts-Martial! It's a pretty scary phrase in the military, but in this case the term has a whole different meaning for soldiers in the military.

Executive Order 12473-Manual for Courts-Martial, United States, 1984, contains procedural changes and a few clarifications of the old manual used by the military since 1969 when it was last revised.

According to Capt. Gary L. Hausken, chief, criminal law for the Presidio, "The new manual for Courts-Martial has established a few changes in several areas of military law. For the most part these changes are for the SJA lawyers but there are three Articles that have done away with and redefined the Army's position on some subjects."

"The armed forces have shown a concern for individual rights, changing social and sexual mores, and the growing presence of women as equal competitors in the job market. For these reasons portions of the new manual dealing with relationships between senior and subordinate members of the military have been revised in response to these

changes," said Hausken.

One significant change is in the area of relationships between warrant officers and enlisted members. The changes, found in Article 91 is designed to insure obedience to the lawful orders of warrant and noncommissioned officers to protect them from violence, insult or disrespect. Under Article 91 the victim or recipient of the abuse no longer needs to occupy a superior-subordinate relationship with the accused. An offense is committed when an accused acts or speaks in a contemptuous or disrespectful manner toward and within the sight or hearing of a warrant or noncommissioned officer while that person is performing the duties of his/her office. There are some stipulations such as the accused must know that the individual receiving the abuse is a warrant or noncommissioned officer. This change in the article covers situations where a senior warrant or noncommissioned officer becomes abusive with a junior who is working in an unrelated activity such as finance, housing, or the legal assistance office.

A second major change is the redefining of the Army's fraterniza-

tion policy. The Army has long discouraged fraternization or close association between service members of different rank on terms of military equality. Where the individuals involved are officers and enlisted soldiers the concern is that the relationship tends to compromise the respect of the enlisted personnel for the professionalism, integrity and obligations of the officer corps.

The new manual takes into account the changing composition of the armed forces and spells out the elements of fraternization. Relationships between officers and enlisted should not be of concern to the command structure where the senior does not have command authority over the member of lower rank, or the capacity to influence people or disciplinary matters affecting the junior member. Hausken said, "In these cases where fraternization is found, the officer is the only person to come under disciplinary action. Enlisted service members are now covered by the rule."

Another serious area in the manual is the Army's standardization of the sexual harassment policy. "There have always been guidelines

concerning harassment but in the old manual the term 'sexual harassment' was nowhere to be found," said Hausken, "Now under Article 93 (cruelty and maltreatment) sexual harassment is defined as... 'influencing, offering to influence or threatening the career, pay, or job of another person in exchange for sexual favors and deliberate or repeated offensive comments of gestures of a sexual nature.'" he said.

It should be noted that Army policy covers a wider range of conduct than what is prosecutable under the UCMJ. Sexual harassment in this broader sense includes "...unwelcome sexually-related obscene or suggestive language, gestures, coercion, humiliation, embarrassment and physical contact."

Hausken said, "These are most of the changes that directly affect the average soldier. The new manual has corrected errors in terminology and jargon and standardizes such things as Article 15's for all of the armed forces. Now that the new manual has been published, as of August 1, things will be a little simpler in the courtroom."

Child abuse - Some memories last forever

by Maria J. Nadie

I still remember the day my 10th-grade religion class discussed child abuse. Sister Paula asked what I'd do were I to see a neighbor abusing his child. She didn't like my answer.

"I'm sure I wouldn't do it," I said, "but I'd want to call the police and get the guy thrown in jail."

"I think you expect too much from people," she told me. She said I had an un-Christian attitude.

"You're wrong," I thought angrily. "I expect nothing from people, especially from you so-called grown-ups."

I had completely rejected people by the time I reached 12. I began losing faith in them the day I went to kindergarten with my father's handprint on the side of my face; no one ever questioned the mark.

No one ever asked about the fact that I never smiled, that I stayed away from family and friends, that I never took part in group activities or that I slept too much. No one ever asked about my response to expressions of sympathy about my father's death.

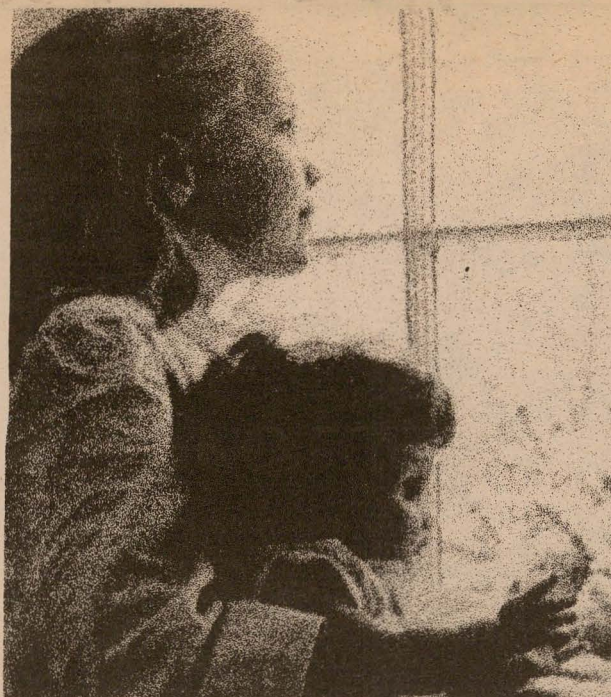
"Don't be sorry...I'm not. I'm glad he's dead," I would say.

The easy way out

I felt as though I were alone in this crummy world, and that the best I could hope for was survival, not life. While other kids my age were dating, having parties and developing those social skills that come with adolescence, I was plotting my death. I knew I had to die before my 18th birthday—before I became one of those hypocritical, adult cowards who cared about nobody but themselves.

I couldn't settle for such misery though. Deep inside I wanted a normal life.

I'm now nearly 24 years old. I survived both my 18th and 21st birthdays. I cry sometimes when I think how close I came to taking my



life—my punishment for being a victim. I thank God that my little spark of hope for the future never died out. I count myself as one of the lucky ones.

Though the beatings, burnings and humiliation had ended with my father's death 14 years before, and the bruises had long since faded, I still lived as a victim of child abuse. For me, as for an astonishing number of children, child abuse and neglect cause as much emotional damage as physical. The emotional scars left by abuse never heal completely.

Silent screams

I wonder to what degree the rising incidence of child suicide relates to abuse. One thing's for sure. Those kids never will be able to tell us. I also wonder how many of our nation's drug addicts, teen-age prostitutes, juvenile delinquents and adult criminals were abused children.

Child abuse robs children of their sense of worth as human beings, according to "Child Pro-

tection in Military Communities," a U.S. Department of Health and Human Services booklet. The booklet also explains that abused children tend to display high levels of antisocial behavior, aggression and anxiety. Their ability to think logically and to develop language, perceptual and motor skills often suffers. They may be damaged in self-concept and overall thought-processing. Abused children often grow up to be abusive parents and the cycle continues.

Children are human beings who deserve the same rights to life, liberty and the pursuit of happiness as their elders. Their vulnerability, though, obligates us adults to protect these rights for them. We must remain alert to signs of abuse and report our suspicions immediately. We also must seek psychological, as well as medical, help for the victims.

How to help

Often, child abuse goes unreported because people who could help choose not to get involved. They fear getting themselves in trouble if they're found wrong.

The law says you cannot be prosecuted for reporting in good faith what you suspect.

If you know of or suspect a child abuse case, contact one of the following agencies:

- Army Community Service Office
- Military Police
- Hospital (in an emergency)
- Local children's Protective Services
- Local Welfare or Social Service Agency
- School nurse or counselor

By trying only to erase the unpleasant physical reminders of abuse, we are avoiding the problem. Unless we face and treat the emotional scars, child abuse will continue to haunt us—generation after generation.

(Editor's note: Maria J. Nadie is a pen name for the author, who is an Army civilian journalist.)

(Soldiers Scene)



Proud WASPs pose in front of one of the planes they piloted.



Jackie Hughes Petty prepares for take-off. Famous aviator, Jackie Cochran, founded the WASP.

WASPs

Women take wing and *fly!*

by Liz Greeley

July 24 marked the birthdate of famed American aviatrix, Amelia Earhart.

Lost in fog over the Pacific many years ago, Earhart never returned to her country.

Almost lost in the mists and shadows of history, a group of women aviators did return to take their rightful place in the sun.

They were the women of the W.A.S.P. (Women's Airforce Service Pilots), then a part of the U.S. Army.

Activated in 1942, 1,074 women eventually flew as WASPs and logged over 60 million miles in 77 different types of aircraft (everything from P-51s to formidable B-17 Flying Fortresses and B-29 Superfortresses before they were deactivated on December 20, 1944.

They served as ferry pilots, test pilots and target towers; the idea was to release as many male pilots as possible for combat overseas.

Dorothy Davis of San Francisco was one of them.

Starting out flight training in a Stearman bi-plane, she eventually moved up to the AT-6, "Texan."

"The AT-6 looked very much like a Zero; in fact they used them in place of Zeros in the movie, *Tora, Tora, Tora!* with a revised canopy, because Zeros were hard to come by," she said.

Though they flew military planes for the Army Air Force, WASPs were hired as civilians with the understanding that they would be militarized later.

"In early 1944 it was a foregone conclusion

that we were going to be militarized," she said.

But serving as civilians didn't make their jobs any less dangerous. In all, 38 WASPs died in service to their country. Yet, though flying was dangerous at times, the WASPs loved it and wanted to serve their country.

"I never got over this feeling," Davis said, "and to think they're paying me to do this!"

"It just seemed like a golden opportunity—something we *wanted* to do and that would help the war effort."

And then, for the WASPs, the unthinkable happened.

They were deactivated in December of 1944; the promised militarization never occurred.

"I didn't think I could live without flying for a while," Davis said, "but I found I could."

Disbanded, the WASPs kept in touch with each other as best they could. Eventually, they banded together to claim their rights as veterans and their determination paid off.

President Jimmy Carter signed WASP veterans' status into law on November 23, 1977.

But does any of that persistent, daring, spirit of adventure linger in Dorothy Davis' heart today?

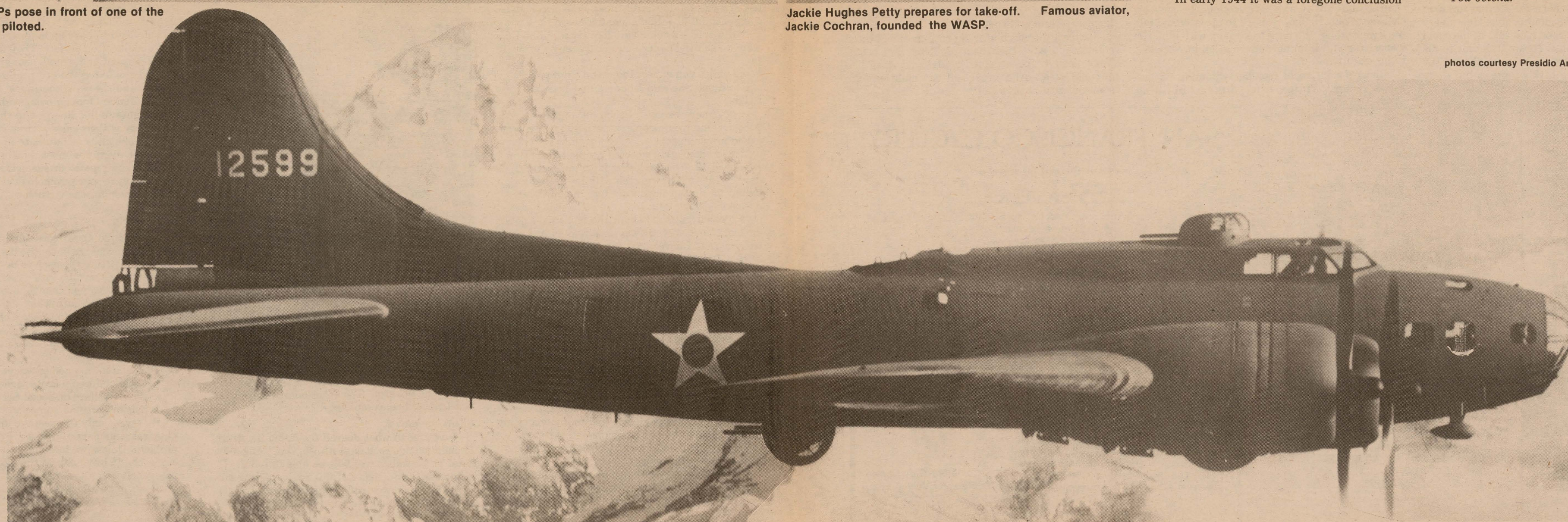
When the discussion turned to hang gliding, Davis asked "Have you seen them up close out at Fort Funston?"

"I think people who fly those things haven't a brain in their head, and I'm sure if I were 30 or 40 years younger, I'd be out there, too!"

Persistent? Daring? Adventurous?

You betcha!

photos courtesy Presidio Army Museum



Women pilots ferry B-17 for use in combat; two pilots checked out on jets before WASP deactivation in 1944.

Gifted children have special problems, talents

by Bob Walker

You are so proud of your child as he seems to be a gifted child. He learned to read at an early age, has a large vocabulary, has a good memory and can solve problems quickly. These are the signs of a gifted child according to Caye Johnson.

Johnson is the coordinator of the gifted children portion of the American Mensa Ltd. Mensa is an international organization for people with an I.Q. test score ranking in the top two percent. Mensa holds meetings giving such gifted people a chance to socialize with one another.

But why is such mingling so important to gifted people?

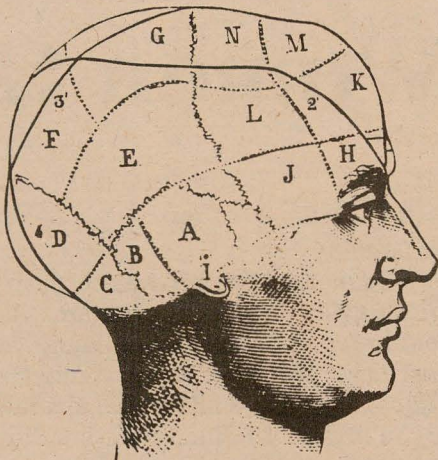
An investigation into local gifted children points to the answer.

Terrance Forte is 13 years old. He has an I.Q. of 149 on the Wechsler scale. A mere 130 is needed for membership in Mensa. He is in about the top one percent in the country.

His mother Asako Forte explained that Terrance has too many things going on in his mind, resulting in his being restless. He has a much greater vocabulary than his peers, which makes him very impatient with his peers. She said, "Maybe in time he'll know how to talk with them. Kids at school say they don't like sitting next to a living dictionary. They just can't understand him."

Terrance's abilities has led to another problem, which doctors term "impulse control". He is very impatient with his peers because they can't understand him. Terrance is at a first year college level and has a vocabulary of a 37½-year-old, according to his mother.

Terrance's father, Jack Forte, a retired Navy Chief Petty Officer, said, "Terrance does have behavioral problems. The therapist said he has an adult mind and a child's body, so he doesn't like being told what to do. He doesn't like responsibility. He can be very charming and lovable, but at times if he wasn't my son, I could hate him very easily. Terrance also has anorexia. He has been in therapy for it since he was four or five. He's a very picky eater. He'll find a good food that he likes and eat only it for a long time. He won't admit to his being hungry. Thank God Champus okayed his therapy. He is making a little progress, but there are no dramatic steps."



Terrance says, "I have this one fear that once I get out into the mainstream, I'm afraid I'll be too smart. It may sound immodest, but it's my greatest fear."

When asked about the blessings of being gifted, Terrance said, "There's not a whole lot of good that has come from my being gifted. I've had no chance to exercise it. It's just another psychological problem. I need to mainstream soon."

Terrance plays the piano, ice skates, knows judo, collects comics and reads a lot. He said, "I'd like to become a surgeon—not an ordinary everyday surgeon, so that everybody will look up to me—as in the cure for cancer surgeon. My ultimate ambition is to find a cure for cancer."

Another gifted 13-year-old is Richard Velez. According to his mother Sp6 Sharon Velez, "Most of his problems are social problems. He doesn't get along well with his peers. He lets them know that he is smarter. He gets along better with older children who can understand him better and even with younger children, as he can impose his ideas on them. He has been diagnosed as having a minor learning problem. He has an I.Q. of 160 as tested by the school."

"Richard taught me to say I don't know, rather than to bluff answers to his questions, because he checks me out. He'll come back to me later and tell me I was wrong. It's hard to keep up with him. He wants true and thorough information in response to his questions."

Richard's interests include swimming on the swim team, riding dirt bikes, building

models—usually airplanes, thinking, reading and science subjects.

In school Richard says, "I'm looked up to by my classmates because I'm smarter. However some people resent me because I seem to be brighter than they are. I don't like to lose friends, I like to make friends. Because of people resenting me, I'm down to about three friends from what had been ten friends."

Richard said that he would someday like to become an astronaut and fly the space shuttle or man a space station once there is a permanent one in space. If that isn't possible, "I'd like to be a computer technician, so I can put my mind to work," he said.

Richard's mother is a single parent, which she says makes things difficult. "I'm cramped for time and have to make sure he is kept busy."

Both Richard and Terrance attend the La Mel Learning Center to help them overcome their learning disabilities. According to Melaine Howard, the La Mel business administrator, "We gear our curriculum to cope with their hyperactivity and hypersensitivity. They are both capable of freshman college work. Their teacher is sensitive to their problems and their brilliance."

LaVonne Lombda, director of La Mel said, "Parents should have gifted children identified as being gifted. The public schools can do this. They give them a test such as the SAT. After that they can get placed on a mailing list to receive notices of classes for the gifted and even attend classes at U.C. Berkeley during the summer. There are also a number of camps available for the gifted which focus around a theme such as math, science, literature and the arts. Bright children should be challenged. The brighter the child, the more they should be challenged."

Gifted children can and do often times have social problems or even learning disabilities. Johnson said, Parents should try to get schools to offer more for the gifted. Expose gifted children to as much as you can—free concerts, museums, the Exploratorium and so on."

Being a gifted child is no rose garden. Gifted children do have their own problems and needs. They need to be accepted and loved, just like anyone else. And yes, gifted children are something to be proud of!



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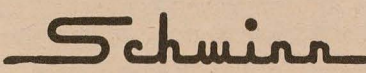
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Free evenings at the DeYoung

Visionaries and Eccentrics will be followed by films at 8 p.m. The following rarely seen art films are documentaries. *Manhatta* (1921), directed and photographed by Paul Strand and Charles Sheeler; titles from Walt Whitman. *Fall of the House of Usher* (1928), James Sibley Watson, photographer, director, producer; Melville Webber, screenplay, art direction. *Les Mysteres du Chateau du De* (1929), Man Ray. *Life and Death of 9413—a Hollywood Extra* (1928), Robert Florey, writer, director; Gregg Toland, photography; Slavko Vorkapich, photography, art



Artist: Tom Lovell

Remember, every Wednesday evening at the de Young will be *free* from 5 to 9 p.m. through August 29!

The Youth Activities Summer program is now in progress. Youth Activities classes include swimming, gymnastics, tennis, racquetball,

Please call Bob Box at 750-3758 or Dave Danley at 750-3755 for more information.

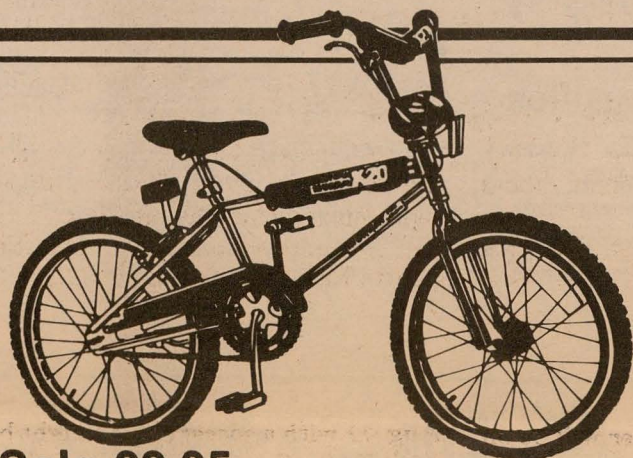
July 30	Blue Thunder / Stripes (R)	7 p.m.
Aug. 1	The Natural (PG)	7 p.m.
Aug. 2	Where the Boys Are '84 (R)	7 p.m.

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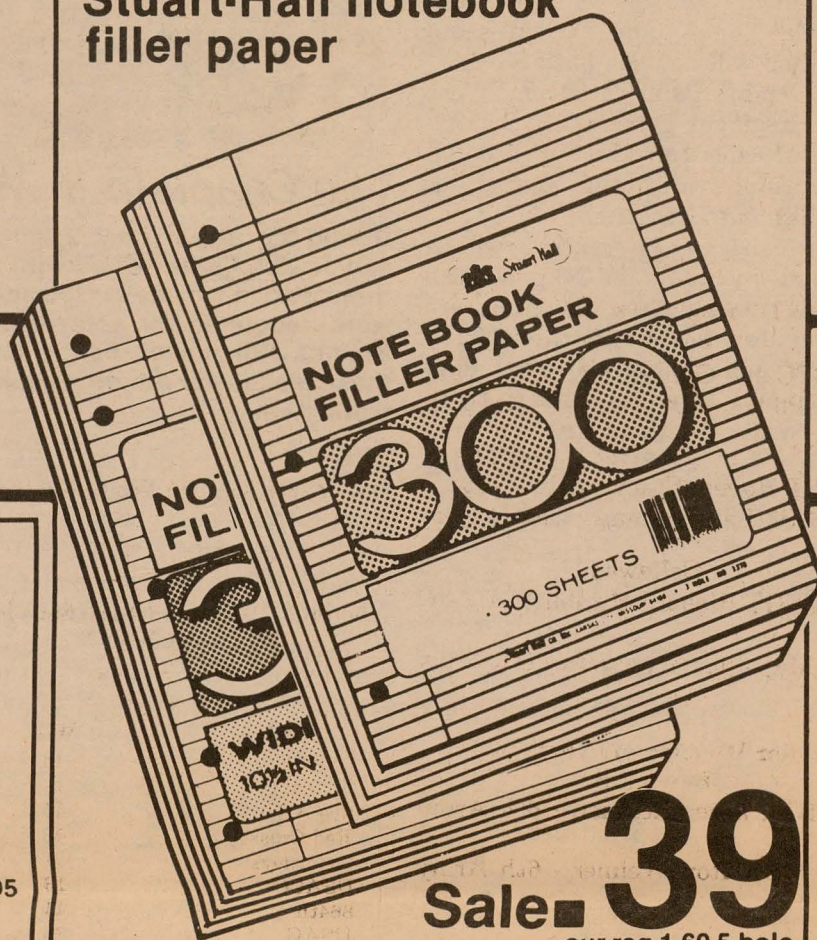


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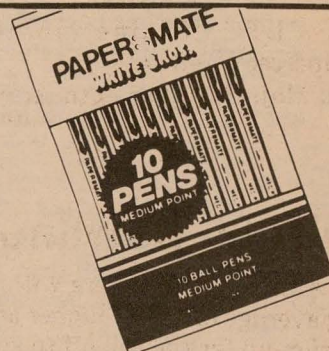
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Sports

Commander's Spring Golf Tournament

SFC Joe Gardner (LAMC) shot consecutive rounds of 76 (152) to earn top honors in this annual spring golf tournament. He easily won his division and scored below his handicap.

Gardner was pushed by Brig. Gen. Jere Hickman (6th Army) who played in the same foursome. Hickman shot a 157 to win the seniors division low gross award.

RESULTS

Open Division (39 years & under)

Low Gross

1st: SFC Joe Gardner - LAMC - 157
2nd: SP6 Gary Dutcher - LAIR - 171

Low Net

1st: LT Robert Stacy - LEC - 139
2nd: SP5 Larry Young - USAG - 144

Callaway

1st: SSGT Richard Hurlburt - USAG - 153
2nd: Maj. John Wagstaffe - 6th Army - 155

Senior Division (40 years plus)

Low Gross

1st: B.G. Jere Hickman - 6th Army - 157
2nd: MSG Ron Weimer - 6th Army - 149

Low Net

1st: Col. Dave Reinartz - 6th Army - 148
2nd: CW3 Denzil Auker - 6th Army - 149

Callaway

1st: LTC Blaine Hendricks - Milpercen - 148
2nd: Maj. Pat Blair - 6th Army - 149



photo by Pat Barham

The CG's Fun Run held Friday, July 20 drew a large crowd of participants who ran the 3-mile course.

PSF Intramural Softball Standings (as of July 19)

Team	Win	Loss
OARB	18	0
A Team	17	0
6th Army	15	3
Red Cross	13	4
Attorneys	11	3
USACC	13	5
864th	11	5
USAG	11	8
Doctors	10	6
G Co, DLI	10	8
LEC	9	7
LAMC 2	8	6
H Co, DLI	8	8
DEH	8	10
LAIR 1	7	10
MSC	6	12
FBI	5	12
4 Seasons	4	13
6th Army Band	3	11
LAIR 2	1	17

1984 Intramural Flag Football

The Intramural Flag Football competition will begin on or about September 10.

A rules-interpretation meeting will be held at 1 p.m. on September 5,

bldg. 63, post gym no. 1. Units entering a team must have a team representative at this meeting.

For more information, call the Sports Branch at 561-4120/5032.

Youth soccer

Sign-ups for YA Soccer will be on July 28 from 9 a.m. to 1 p.m. and Aug. 2 from 5 to 7:30 p.m. at the Main Post Gym Lobby. Registration fee is \$10. The season will kick off on

Aug. 11 with a soccer clinic taught by Jack Hyde, San Francisco State Soccer Coach, from 10 a.m. to 1 p.m. at the Log Cabin. For more information call the YA office at 561-5143.

Get fit with Aerobics

Get fit and stay fit! High energy classes including stretching, toning and aerobic conditioning done to pop music, are held daily at Post Gym No. 1. Classes are ongoing; you can join any time.

Classes are:

- Monday through Friday, 11:30 a.m. to 12:30 p.m. Sandy Meyer, instructor. For a four-week session, cost is \$25 for 8 classes; \$35 for 12 classes; \$40 for 16 and \$45 for daily classes with a \$3.50 drop-in fee.

- Tuesday and Thursdays from 4:30 to 5:30 p.m., or 5:45 to 6:45 p.m. with instructor Karen Behnke, R.N. and president of Execu-Fit. For a four-week session, cost is \$22 with a \$3.25 drop-in-fee. There is a free introductory class and all classes are open to both men and women, all ages, all levels of fitness. (Participants are encouraged to exercise at their own pace.)

Register with the instructor at class, or call 381-3382 or 561-4120 for more information.

1984-85 Bowling Team

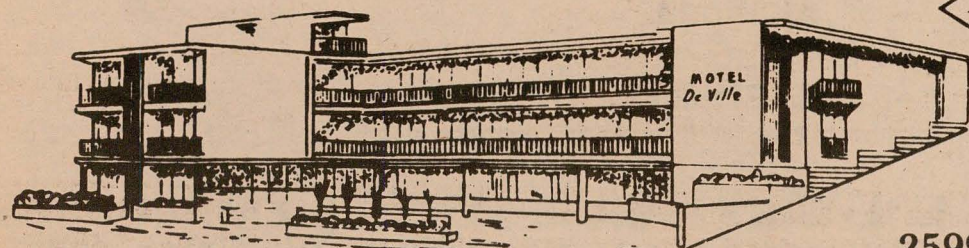
Active duty soldiers with a bowling average of 170 or higher are urged to sign-up for the roll-off to select the Post Bowling Team that will compete in the 1984-85 Northern California

Military Traveling Bowling League. Bowlers may sign-up at the Presidio Bowling Lanes.

For more information contact the Presidio Sports Office, 4120/5032.

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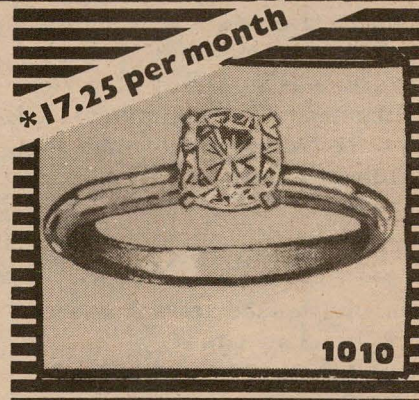


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Symmetry	GOOD
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Counterintelligence:
Looking for a few
good agents / **page 5**

**Summer camp for the
handicapped:** a day on
the farm / **pages 6&7**

Star Presidian

Vol. 27, No. 30

"Published in the interest of the people of the Presidio of San Francisco."

August 3, 1984

Education

Correspondence courses

Did you know that you may enroll in correspondence sub-courses which are not directly related to your MOS, but which are of general interest to you? Well, you can—even non-technical subjects. As long as you understand that you are not getting credit for a full course, any correspondence sub-course may be taken and applied towards promotion points, at the ratio of one promotion point for five credit hours. You do not have to hold the rank mentioned in the eligibility section of the course descriptions.

Here are some examples of sub-courses which you might take:

- *Putting Your Thoughts on Paper*
- *Punctuation*
- *Spelling, Abbreviation and Capitalization*
- *Basic Mathematics*
- *Statistics*
- *Map Reading*
- *Introduction to Computers*
- *Office Management*
- *Instructional Methods*
- *Prepare to Conduct Training*
- *Effective Leadership in Small Groups*
- *Problem Solving*
- *Spanish-American Culture*
- *Black-American Culture*
- *Civil Affairs and Public Health*
- *Comparative Governments*
- *Contemporary Economic Problems*

There are many other sub-courses which you may choose. See your Education Counselor at one of the Army Education Centers—buildings 1007 and 1216.



photo by Pat Barham

Matthew and Danial Pond show how they scurried up an overpass to help victims in a recent motorcycle accident.

Youths help accident victims

by James P. Barham

Kids! These darn kids today have no respect for their elders. They're unmanageable and don't do anything to help others. To some people these words may ring true, but in the military and especially on the Presidio, that just isn't the case.

There are two youths who especially know the meaning of 'giving a helping hand'. On Sunday, July 22, at about 10:30 p.m. Danial O. Pond, 14, and brother, Matthew A. Pond, 12, raced to the scene of an accident to help the accident victims.

According to Danial, "We were watching TV at our house (on Kobbe Road) when the family heard a loud noise. It sounded like metal scraping on concrete, like someone scratching on a chalkboard, only louder. My brother, Matthew, and I got up to see what had happened. We went onto the porch and heard someone calling from the bridge (Presidio Parkway on the North side of the tunnel), 'call an ambulance'."

The boys' mother and sister (Nancy and Sandi Pond) called for help as the two youngsters grabbed their flashlights and headed for the bridge.

According to Matthew there are two different ways to get to the bridge.

"You can go either way to get to the bridge, it just depends on which side of the bridge you want to get to as to which way you go," Danial said.

Derek A. Miles, a neighbor, also heard the noise and directed the boys to the other side of the bridge from his second story window.

"We got there before the ambulance and the police. There were people standing around and we were the only ones with flashlights," said Danial, "we started directing traffic and helping as best as we could. Finally the police and ambulance arrived and we both helped by shining our lights on the victims for the paramedics."

"All the time we were waiting for help to arrive we just calmed both victims and told them everything would be all right," Matthew said. The police took statements from us and told us "thanks" for our help and we were happy that we could help."

The motorcycle accident and the events that followed are just one example of how Presidio youths prove that the Army Family is more than just a slogan or title. For the Ponds, the incident is over, but for the boys the memory of helping when the time came will always linger. For youths like Danial and Matthew, we all should be grateful.

Opinions

TAKE A BITE OUT OF CRIME

Driving a car on post is a privilege extended (to properly licensed drivers) by the post commander and the state of California. Not only are cars quick and efficient, but they're fun and convenient. Like most people, you probably rely heavily on its capabilities and pleasures every day.

However, this "invisible privilege" can end quickly for people who are habitual traffic law offenders—people who disregard laws and have incorrigible driving behavior. Beware! The post commander can withdraw post driving privileges—either temporarily or

permanently—because of your driving record, whether you are military or civilian.

One of the easiest ways to lose your driving privileges is repeated parking violations. Illegal parking slows traffic flow and leads to congestion. Parking legally, on the other hand, is safer and helps prevent accidents.

Red painted curves are NO STOPPING, STANDING or PARKING zones for several reasons: emergency access and better traffic flow being just two.

Imagine how you'd feel if a co-worker or friend went into cardiac arrest, then cardiac failure, at the office or a house burned down—all because your car blocked emergency vehicles! Even if you're in your car, your engine can fail to start, or in momentary panic, crash into the emergency vehicle. And these incidents do happen.

Blue curbs signify handicap parking only; it is a service to those who require this privilege.

Again, inconsiderate driving can cause great inconvenience.

Yellow and white curbs are for loading and unloading freight and/or passengers. Green curbs are for temporary parking. All such curbs are timed for the period needed to complete the necessary task, no more, and in no case may parking exceed 30 minutes.

Another area gaining closer scrutiny is the use (or non-use) of approved helmets when soldiers and civilians drive motorcycles on post.

Although California doesn't require motorcyclists to wear helmets, Army regulations (190-5 and 385-55) do. Cyclists must also wear protective glasses, goggles or have an approved safety windshield.

Violations may be reported to the offender's commander or supervisor for appropriate action, but repeated offenses may result in the revocation or suspension of on-post driving privileges. For cyclists, the helmet is the "smart" way to protect yourself.

And hey, let's *all* be careful out there.

Ramblin' Sam

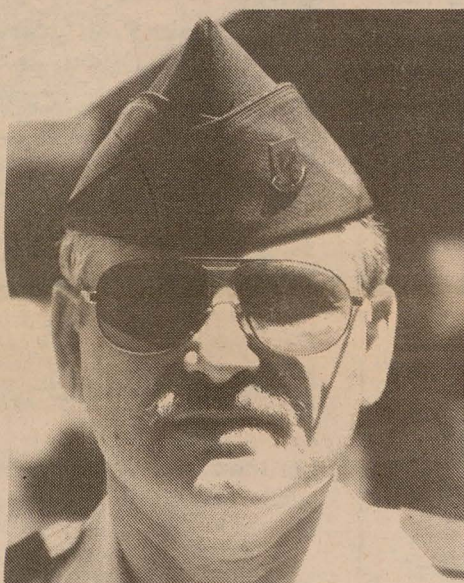
"Does going to the IG really help? Why?"



Sp4 Trenton Weeks, physical therapist technician, LAMC, "I haven't been to the IG, but I might by the end of the month to get my pay straightened out...it's been messed up for three months now. I've heard good things about them—they're about like a SWAT team for problems."



Sp4 Daphne Hunt, clerk, 49th EDD, Ft. Ord, "It does in a way. When I went once before with a barracks problem it worked for me; it got things straightened out."



SFC Harold Chipman, retired, 504th MP Bn., "I've never been to the IG but I've seen it help in certain cases—it all depends on how people interpret regulations."



MSgt. Johnny Malone, personnel NCOIC, COMPACT, "I think a lot of problems could be worked out through the chain of command without going to the IG. There should be no need to go to the IG if the NCO's are doing their jobs."

Editorial

One vote can't make a difference...or can it?

by Liz Greeley

I know what you're thinking out there. Yes, I do.

You're saying to yourself, "The Army's pushing voter participation, but why should I bother? Just one vote can't make any difference."

Wrong! One vote can make a big difference.

In Texas last month, two military absentee votes figured prominently

in the 6th Congressional District runoff. An election judge didn't think the two military absentee votes were valid and didn't count them, which resulted in a recount.

When the dust settled, counting the two military absentee ballots, Joe Barton won his party's nomination over opponent Max Hoyt by *only 10 votes*.

On the same day in Texas, Lloyd

Doggett gained his party's nomination to the U.S. Senate by a margin of only 1,345 votes.

Surprising? Not really. You see, there are a lot of civilians out there who don't think their votes make any difference either, so they let other people decide who their leaders are going to be—other people who vote.

Your vote does count, especially when you consider that there are

roughly 780,000 soldiers on active duty in the U.S. Army right now. Now what do you suppose would happen in the next election if all of those soldiers voted? Hmmm...

See your unit voting officer today. If you don't know who that is, call the post voting officer, John Collins, at ext. 2631 or 3206.

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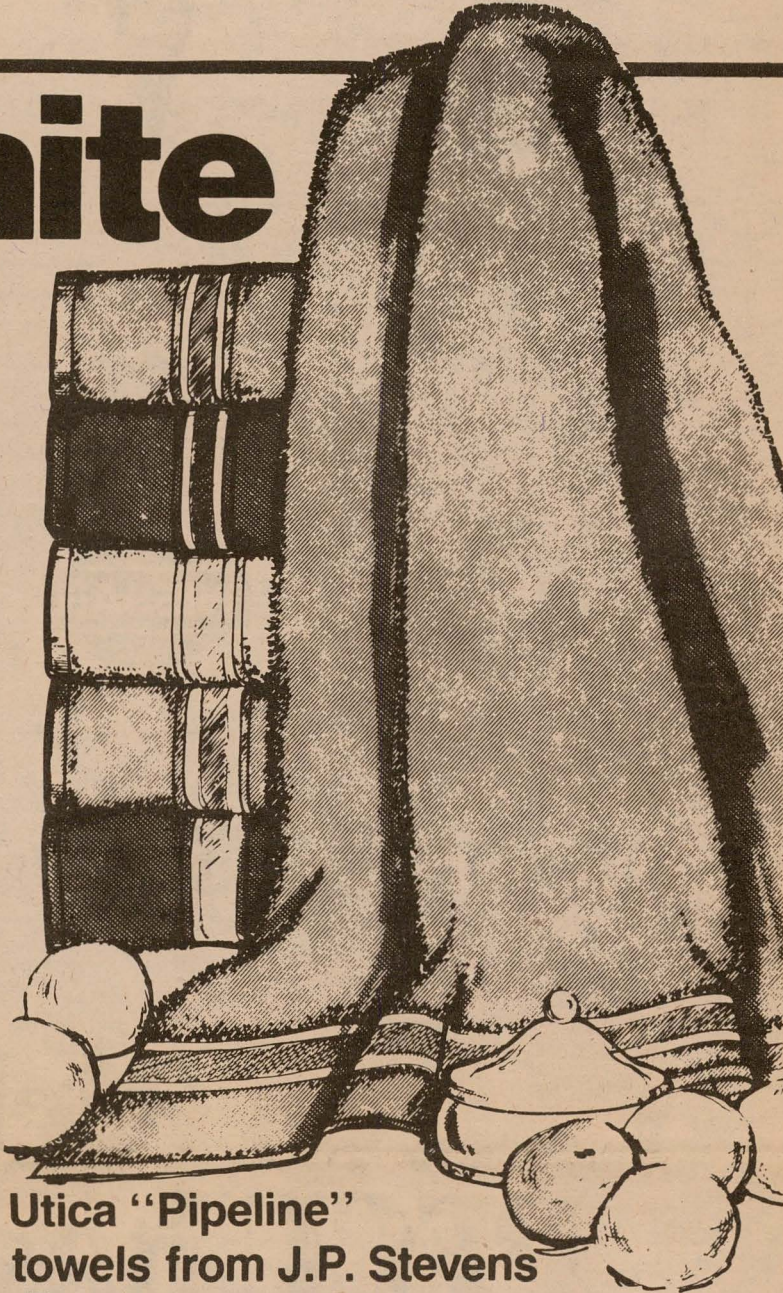
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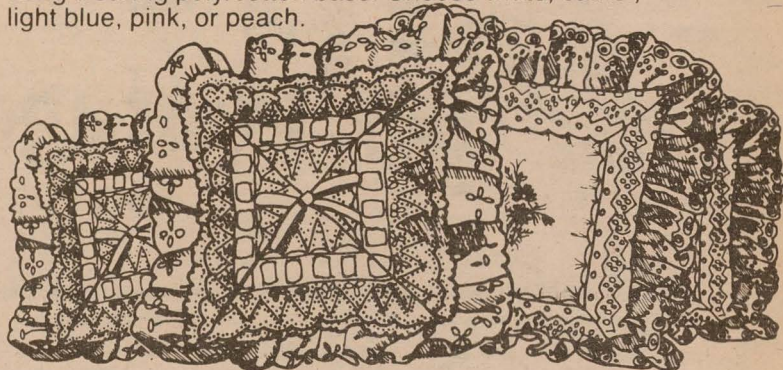
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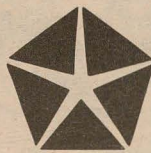


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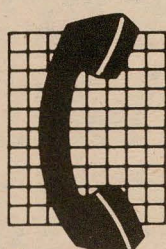
				
				
				
				

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474D

Feature

MISSION SECURITY: How counterintelligence agents protect Presidio

by Bob Walker

Hidden away in building 1648 in the Fort Scott area is the San Francisco Military Intelligence Detachment of the 902nd Military Intelligence Group, Presidio of San Francisco.

What is their mission? What kind of work is this group involved with at the Presidio?

Special agent Eddie Mallard explained the four basic missions here.

OA (OPSEC analyst support) is a support unit. They are called when there is a security problem.

OSE (operations security evaluation) is a multi-discipline evaluation done when there is a human, physical or electronic security threat.

OSSA (OPSEC Special Support Activity) is ongoing support to research and development organizations.

Special agent Randall Meador, a reserve staff sergeant currently on active duty, started out as a 96B (intelligence analyst) seven years ago. After serving three years he went into the reserves, and changed his MOS to 97B (counterintelligence agent). He has been an accredited agent for two years now.

Meador commutes 200 miles from school at Fresno. "I do it because of the esprit de corps. We're a small unit, everything is team work. Whatever the job, everyone is treated



photo by Bob Walker

Special agent Eddie Mallard listens for and feels tumblers move in this group 2 combination lock which can be opened without a prior knowledge of the combination in instances where the combination has been lost.

as an equal to get the job done. New or junior agents are supported by the more experienced agents," he said.

What does it take to become a counterintelligence agent?

Non-waiverable requirements include:

- Applicant, parents and spouse must have United States citizenship.
- Must have an excellent

character, integrity and loyalty to the United States

- Must not have had any Peace Corps affiliation

- Must be able to pass the PT test

- Must have completed two years of active duty

- Must be a high school graduate or equivalent

- Must be 21 years-of-age upon completion of service school

- Must have a minimum GT score of 110 or higher.

- Must meet height and weight standards

Other requirements which may be waiverable include:

- Applicant and spouse must not have immediate family members living in countries where coercion is a common practice
- No record of convictions or Court Martial

- No record of civil court convictions other than minor traffic violations
- No information which would preclude granting of a security clearance

- A Defense Language Aptitude Battery Score of 89
- No physical characteristics that would cause undue notice or recognition

- Minimum physical profile B, except for psychiatric which must be a 1 profile

- Must not be color blind
- Must have two years service obligation left upon completion of the course or request an extension

- Must have completed Basic Combat Training

- Not barred from reenlistment
- Not a bonus recipient

- Has not used, possessed, trafficked or sold illegal drugs, including marijuana.

Waivers are approved only in special circumstances to meet unusual service requirements.

According to Mallard, soldiers interested in becoming counterintelligence agents must be an E-4 to E-6 with two years of service completed. You may get your paperwork done before completing two years of service, but applications can't be accepted until two years of service have been completed.

Training to become a counterintelligence agent is 19 weeks long and is done at Fort Huachuca, Arizona. After completion of this training, additional training may be done in specific skills.

Upon completion of your training you will be assigned where the Army needs you.

Promotions are usually fast, especially in the critical shortage area of E-4 to E-6 and reenlistment bonuses are high—up to \$16,000.

If all this sounds like it's for you, call 561-4742.

Everything you always wanted to know about the IG

by James P. Barham

What evil lurks in the hearts of men—the IG knows! Throughout the Army the one thing that strikes fear into any soldier's or commander's heart is the IG. The IG (inspector general) is a directorate under the post commander which operates as an advisor under a three-phase system.

The first of the phases, inspections, is common to all soldiers and civilians who work on military installations. According to Lt. Col. John R. Ware II, Presidio's IG, "The greatest fear for anyone is that the IG is going to come in the office or company and people will get fired or lose face with their higher command or superiors. Most people don't understand that the function of the IG's office is to advise and recommend. We don't come in and force a commander or soldier to do what we tell them. We only look at the functions of the particular office or unit and guide them as to what the Army regulations say and maybe what they're doing wrong."

During the inspection phase a person from the IG's office systematically evaluates the records, machinery, methods of operation, anything that might hinder the performance of the mission of the unit or command. With this information, a report is prepared

explaining exactly what the IG has found and his recommendations as to the solution, if any. "We are not miracle workers," said Ware, "The IG doesn't come in and automatically make problems right again."

"We check the checkers," he said. "The commanders have the responsibility of checking on the proficiency of their subordinates. We merely check to see that they have and are checking."

"In the past, the IG used to go through every section checking every little thing and often took days and days to complete an inspection." Today, however, "We are more interested in systematic problems—how the system functions or fails to function," Ware said.

The second function of the office is to assist and handle complaints. "There are a few things that can help us help the individual who has a complaint," Ware said. "One of the problems we have is soldiers who come to us with complaints that may be pet peeves of the individual. An example of this would be if someone complained to say that the dining facility served liver. But if we find that the dining facility serves liver five days a week, then the complaint could be justified."

There are some things that people

should understand in making complaints. They are:

- tell the truth
- remember the IG's regulatory and statutory limits
- the IG can only recommend—not order
- be patient
- be prepared to take 'no' for an answer

It's important for anyone making a complaint to tell the truth, according to Ware.

"Some people don't realize that our office has access to everyone's records on post," he said. If you come in and tell us your problem, and tell us you've never been in trouble, we're going to find out if you have or not. By telling us the truth, our job is made easier.

"People don't realize that the IG's office cannot change Army policy. You may not like something, but until the system changes, we may not be able to do anything about it."

"You have to be patient. We may have several cases working at one time, and you shouldn't expect results overnight. We are not miracle workers."

There are times when the IG just cannot do anything about your problem, or your complaint isn't justified. Then the answer from the IG could be 'no'.

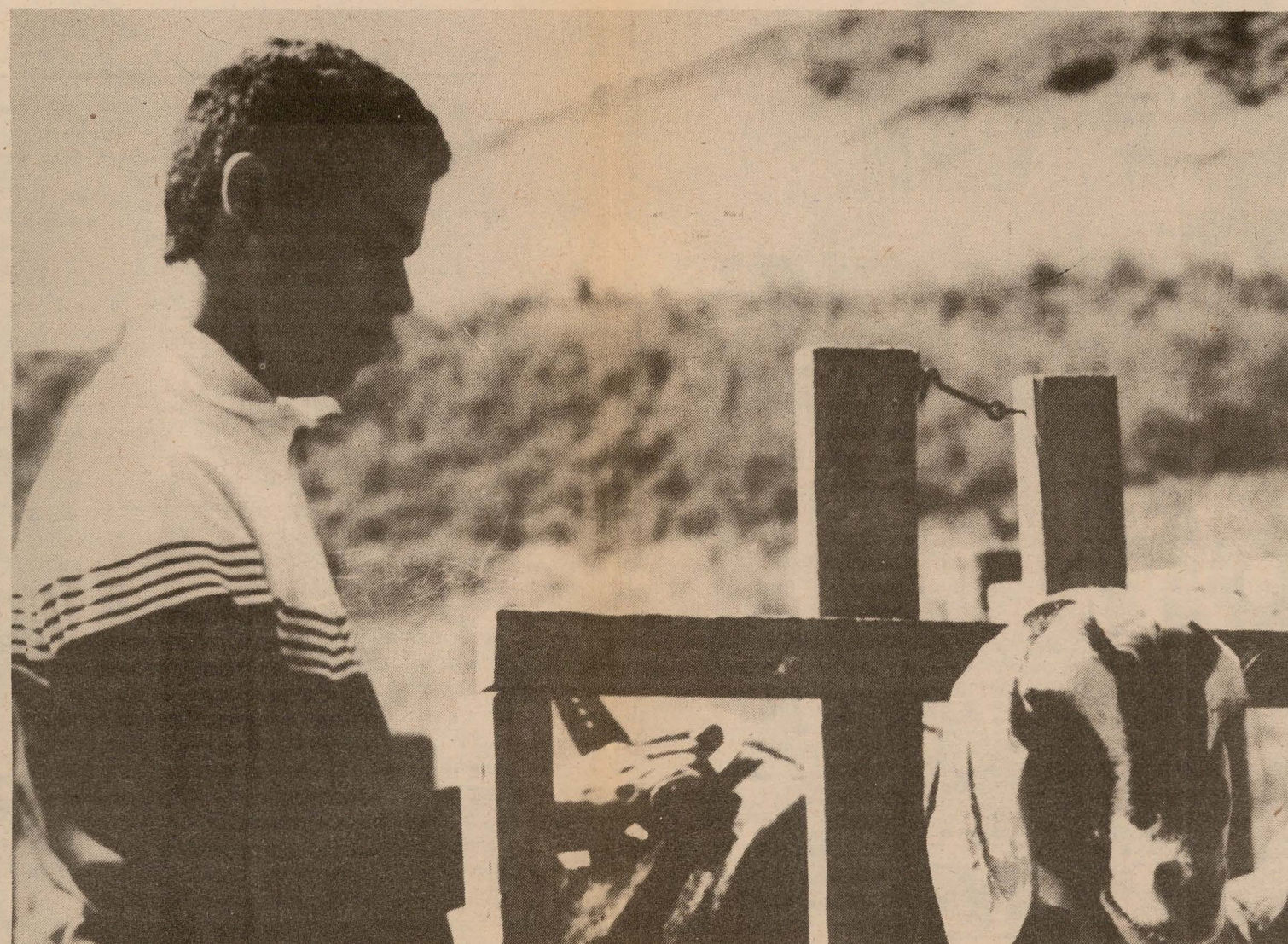
The third phase is investigations and inquiries. Ware says that it is his job to protect the post from waste, fraud, and abuse. An example of this might be the use of government vehicles for personal use. "In an investigation, I become the eyes and ears of the commander. The IG is involved in every operation on post that can be susceptible to fraud and waste," Ware said.

The biggest thing to remember is that the IG's office is a last resort for solving a problem. "Most people come in the office and the first thing that we ask them is 'have you used your chain-of-command', more often than not the individual hasn't fully used all the resources available to them. Sometimes the person hasn't even thought of their chain of command and this becomes a problem," he said. "We have to give the system a chance to work, that is what it was designed for. If it doesn't work, then it's time for us to do something about it."

We are here to serve the community and the command," Ware said. We don't always appear to wear the white hat because sometimes a person isn't right. Too often we are perceived to be villains and we aren't. We do a good job—the best we can do for everyone.



Leslie Sawey cradles a chicken in her arms for the first time.



Frank Castillo brushes down Valentine, a goat.

photos by Bob Walker

Summer Camp

Handicapped kids go to the farm

by Bob Walker

Summer camp is a great place for fun—even if you are handicapped in some way. Presidian, Leslie Sawey, is one such person who took part in the Recreation Center for the Handicapped summer program.

The Recreation Center, located in San Francisco, is just one of many non-profit organizations throughout northern California which help handicapped people become more aware of available activities. They offer many activities such as arts and crafts, music and drama, environmental awareness and physical fitness.

The Presidio Army Community Services (ACS) gathers information on such facilities, like the Recreation Center, which meet the needs of families with handicapped members. ACS is also trying to locate financial resources for families who need financial help in order to send their handicapped children to summer camp. ACS Exceptional Family Member Program coordinator, Margie Dee said, "We have information on numerous camps covering just about every disability, and medical forms and applications so families can enroll their children easily."

Camps or groups such as the Recreation Center "help the handicapped develop socialization and decision-making skills."

said Michele Mannix, outdoor environmental program coordinator.

One group of teens from the Recreation Center made their second trip to the Slide Ranch near Stinson Beach, July 25.

On their first trip they planted lettuce and zucchini squash, a new experience for them. On their second trip, they became excited when they were allowed to hold chickens and brush down Valentine, the ranch goat—a real first for many of the kids. Some were obviously up-tight about it in the beginning, but they soon got used to the animals and enjoyed the experience. "Getting out in the country doesn't happen to the handicapped very often," said Donna Cordes, recreation program leader.

Caryl Sircus was their guide and teacher for the day at Slide Ranch. She talked to the children about chickens, goats, sheep, plants and even told a few stories.

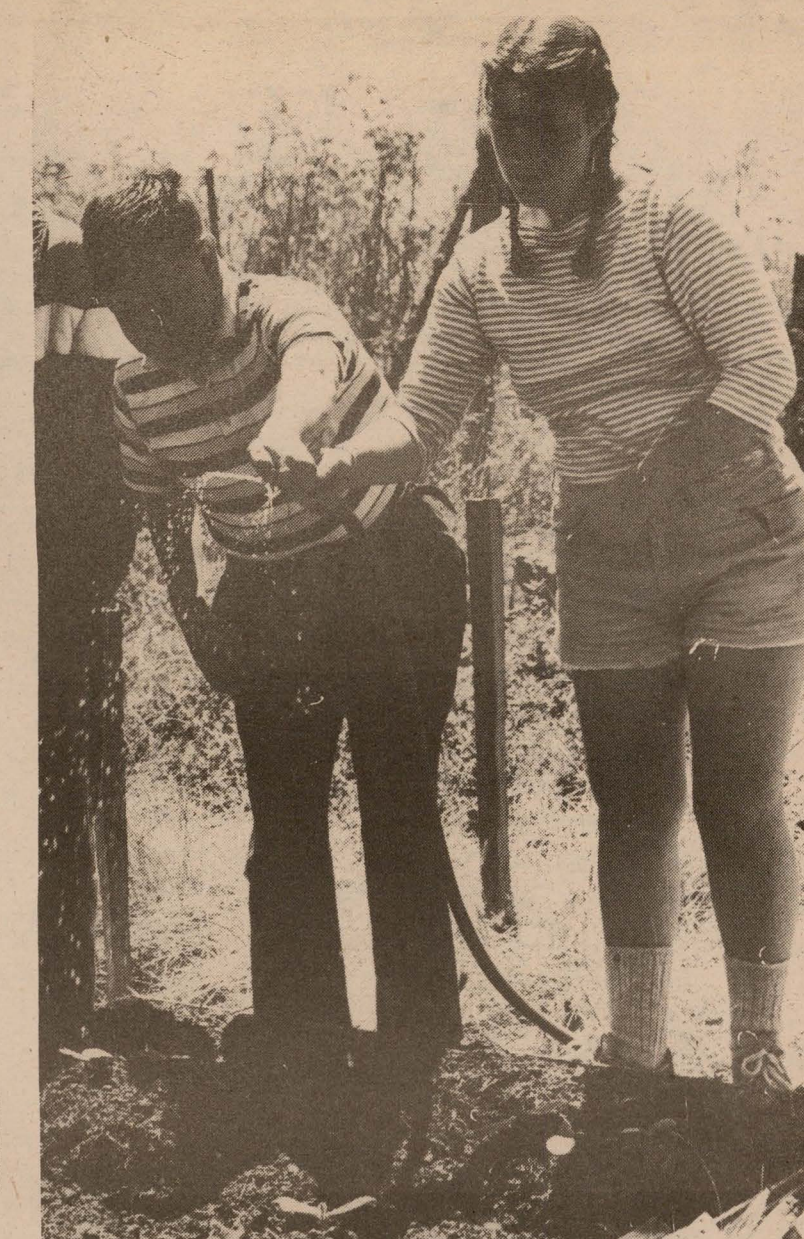
One teenager in the group is in the junior ROTC program at McAteer High School. He is known as "Sergeant Major," alias Steve Nicola. He says his goal is to become a sergeant major. Then Nicola said, "I like the ranch. I have a good time here."

The Recreation Center also takes the children to other places such as Fort Point, the Cliff House, Lake Merced and the Ocean Beach.

Yes, summer camp is fun for everyone!

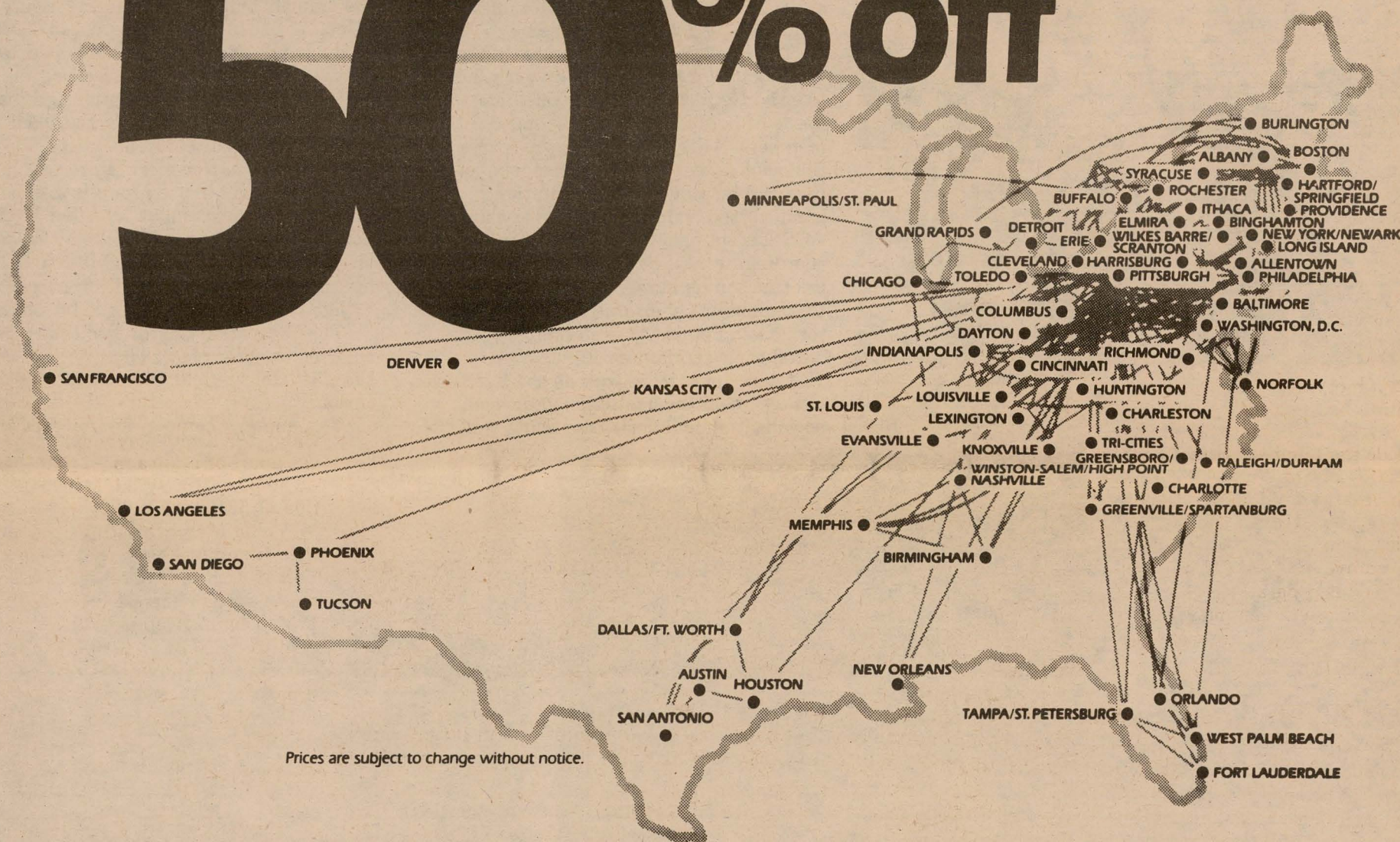


Raymond Snyder pets a chicken as Caryl Sircus puts it in his lap.



"Sergeant Major" (Steve Nicola) waters squash with help from Caryl Sircus, a teacher at Slide Ranch.

New! USAir Military Fares 50% off



USAir offers a 50% discount for you and your eligible family dependents. USAir can fly you and your dependents for 50% off the regular Coach fare. **And now dependents are not required to travel with the active duty member.** Our Military Fares are good every day to any of the more than 90 cities we serve in the U.S.

For more information about USAir's Military Fares and other discount fares, call your SATO at (415) 561-2920 or call USAir at 1 (800) 428-4322.

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Who is eligible? All active duty personnel who are on leave, furlough or pass or within seven days of discharge (official travel is not permissible).	All military dependents.
Are there any restrictions? Just make reservations and purchase your tickets anytime prior to departure.	Same requirements as for military personnel except travel must be roundtrip. Military dependents may travel anytime.
How long can I stay? As long as you want to, up to one year. There is no minimum stay.	Same requirements as for military personnel.
Does my family have to travel together? No.	Military dependents may travel separately as long as children ages 2-9 are accompanied by a military dependent at least 10 years of age.
How do I get the Military Fare? Just present your green active duty military I.D. or discharge papers when you purchase your ticket and when checking in.	Military dependents at least 10 years of age must present a tan Uniform Services Dependent Identification card marked "active". Military dependents ages 2-9 must present proof of family relationship when checking in.

USAIR

Time to Spare



Fashion Show

Susan Chiaventone models a pants outfit with junior action jacket while Jan Woody shows a three-piece skirted suit.

evening at the de Young is free from 5 to 9 p.m. through August 29!

For more information, call 750-3624.

Presidio Cemetery walking tour

A walking tour of the Presidio's San Francisco National Cemetery will be given by Col. Milton B. Halsey, Jr. on Saturday, from 10 a.m. to noon. Col. Halsey will recount the history of the cemetery, noting the various changes in gravestone styles and showing the final resting places of notable people.

This cemetery tour is sponsored by the Fort Point and Army Museum Association, a non-profit group

organized to help in preserving and interpreting Presidio history.

To join the tour, meet at the Museum Association office at 10 a.m. to carpool to the cemetery. The office is located in Building T-3 on Funston Avenue near Lincoln, next to the Presidio Army Museum. For more information, call the Fort Point and Army Museum Association office at 921-8193.

Gray Line discounts

The Gray Line Tour Company offers a 10 percent discount on all tours in the San Francisco/Bay Area. The tours highlight San Francisco, Muir Woods, Sausalito and Chinatown.

There is a wine tour to Napa and Sonoma Valleys to satisfy even the palate of a wine connoisseur. On the spicy side are the Night Life Tours to the famed Finocchio's, The Purple Onion and the Venetian Room with a buffet dinner at the Hilton. To cap a day there is San Francisco Night On The Town. This tour offers the sparkle and glitter of San Francisco by night as seen from a Bay cruise, dinner at one of Tiburon's exclusive restaurants and a late night cocktail at the Carnelian Room. Come and enjoy the sights and delicacies that make San Francisco and the Bay Area unique. This discount is only offered at the Recreation Center ITT Office.

Take time out for a tour

The Recreation Center offers the following Tours for August: Marine World Africa USA, Sun. Aug. 12, 9 a.m. - 5 p.m., \$13.00. Napa Wine Tour, Sat. Aug. 18, 10 a.m.-5 p.m. \$5.00. Rouge et Noir Cheese Factory, Wed. Aug. 22, 10 a.m. - 3 p.m., \$5.00. House of Numano Sake Company, Sun. Aug. 26, 1 a.m. - 3 p.m., \$5.00. Sign up for all tours at ITT office, Bldg. 385 (old playhouse) between the hours of 11:30 a.m. - 1 p.m.; 2 p.m. - 5:30 p.m. Mon.-Wed. More information at 561-3992.

Volks March meeting. Get in on the planning for the upcoming Volksmarch on October. The club meets at the Recreation Center Bldg. 1331 Thurs., Aug. 9, 6:30 p.m. Help plan the medals, course lay-out, and refreshments provided for a good old time.

Go rafting!

Enjoy Fun in the Sun. If you haven't ever been canoeing, now is the time to enjoy nature's finest rafting on the Russian River. Set your sight, mark your calendar, for Sat. Aug. 11. The trip departs from Presidio Recreation Center 8 a.m., returns 8:30 p.m. Trip includes a leisurely relaxing canoe float, starting with wine tasting at Geyser Peak Winery, then 4 to 5 hours of rafting, then a barbeque dinner. All this for \$30.00. Sign up at the ITT Office, Bldg. 385 (old playhouse) Phone 561-3992, or after 6 p.m. weekdays and on the weekends at the Recreation Center, Bldg. 1331 after 2 p.m. For more information call 561-2000 after 2 p.m.

AAFES fashion show

The Presidio Main Exchange (AAFES) is presenting their annual Fall Fashion Show on Saturday, August 11, at 11:30 a.m. in the main store. Featured will be pants and coats in the popular menswear look, designer coordinates, Sergio Valente loungewear, semi-formal evening wear, suits, and the exciting Miss Michael Jackson look.

Registration for door prizes starts at 9:30 a.m.—refreshments will be served. Mark your calendar now!

Child Observation Class

Come to school with your child—Share your child's first school experience in a tuition-free child observation class! The class is for parents and pre-school children, ages 15 months through 4 years old. Watch your child paint, dig, run, climb, build, do puzzles, ride, sing, hear stories, play with other children—learn! You can discuss discipline, toilet training, development, handling anger, television, and many other areas of parenting with other parents and a certified teacher with early childhood training and experience.

Classes are on Tuesday and/or Thursday mornings, 9 a.m. to noon beginning August 14, bldg. 566 Ruger Street (Girl Scout building—just inside the Lombard Street Gate) Registration begins August 14, 1984, at John Adams Community College Center, 1860 Hayes Street at Masonic, room 139.

For more information, call 346-2246. This program is sponsored by San Francisco Community College District and Child Development Services, Presidio of San Francisco.

Free evenings at the deYoung

All galleries in the de Young Museum will be open free from 5 to 9 p.m. on August 8 and docents will be available to answer questions. Light refreshments will be on sale in the Cafe de Young and the Museum Bookshop will be open until 8 p.m.

At 7 p.m. Donald Stover, Curator-in-Charge of American Decorative Arts, the Fine Arts Museums of San Francisco, will give a talk entitled, *Louis Tiffany and the Era of the Great Fairs*.

Tiffany and the Fairs will be followed by the 8 p.m. film, *Meet me in St. Louis* (1944), Vincent Minnelli, director, with Judy Garland, Margaret O'Brien, Mary Astor, Marjorie Main, June Lockhart, Lucille Bremer, and Tom Drake.

Remember, every Wednesday

At the movies

Presidio Theater

Aug. 3	Enter the Ninja/Revenge of the Ninja (R)	7 p.m.
Aug. 4	Star Trek III: The Search for Spock (PG)	7 p.m.
Aug. 5	Star Trek III: The Search for Spock (PG)	2 & 7 p.m.
Aug. 6	Star Trek III: The Search for Spock (PG)	7 p.m.
Aug. 7	Star Trek III: The Search for Spock (PG)	7 p.m.

Aug. 8	Bachelor Party (R)	7 p.m.
Aug. 9	Bachelor Party(R)	7 p.m.

Schwartz Theater

Aug. 6	Enter the Ninja/Revenge of the Ninja (R)	7 p.m.
Aug. 8	Star Trek III: The Search for Spock (PG)	7 p.m.
Aug. 9	Star Trek III: The Search for Spock (PG)	7 p.m.

Community Calendar

Behind the 8-ball

The Recreation Center is *still* searching for darts, table-tennis and 8-ball pool players for the Travis Air Force Base Tournament Invitational on Saturday.

Hey, we can't let the zoomies just fly away with the trophy! Show your enthusiasm for the Presidio; the bus leaves at 10 a.m. from the Recreation Center, bldg. 1331.

Interested players should call the Recreation Center after 2 p.m. to sign up (phone 561-2000).

EDF grand opening

The Headquarters Company Enlisted Dining Facility opened July 2. Since that time, it has served over 1,800 meals, supported the Golden Gate National Recreation Area (GGNRA) by preparing 1,200 sack lunches during a recent convention and prepared all of the food served at Presidio Activities Day.

The grand re-opening was on July 20 and over 100 soldiers attended, feasting on beef cordon bleu, steak, fried shrimp, chicken, and other goodies.

The USAG Dining Facility is in bldg. 101B and is open for lunch from 11:30 to 1 p.m., Monday through Friday for enlisted soldiers. The dining facility staff, or "The A Team," as they like to be called, are: SSgt. Manuel Mantilla, Sp5 Steven Placentia, Sp5 Beth Rochefort, and Sp4 John Floyd.



photo by Gilbert Garza

Bronze Star

Former Captain Jack Bradley of San Jose, California, is presented the Bronze Star by Maj. Gen. Daniel C. Helix during recent ceremonies here. After 40 years of waiting, Bradley received the award for his actions in the Philippines during the early days of World War II. Bradley is a survivor of the infamous Bataan Death March. He was accompanied to the ceremony by his wife, Beth.

Still time to register at City College

There is still time to register for on-post courses offered by City Col-

lege of San Francisco Commercial Law, a business law course required for most business degrees, meets Tuesday and Thursday from 6-9 p.m. August 14 to October 4. Personnel

Management for Supervisors, which counts toward a Certificate in Supervisory Practices meets Monday and Wednesday from 6-8 p.m. August 15 to October 15.

The price is right: \$15 for Commercial Law and \$10 for Personnel Management if you are a California taxpayer or still in the first year of your assignment here. Contact a counselor today at the Ft. Scott Education Center, bldg. 1216, ext. 2974, or LAMC, bldg. 1007, ext. 4030.

Community College

A reminder to anyone planning to attend courses at local community colleges this fall: all students must pay an enrollment fee *when they register*. The fee is \$5 per unit for 1-5 units and \$50 for 6 units or more (slightly different at College of Alameda).

Active duty soldiers who want to use Army Tuition Assistance to pay a portion of this fee must have an application (DA 2171) completed (signed by them, their commander and the Education Center) and take it with them to their registration appointment.

Soldiers and family members are authorized by the State of California to attend community colleges for the same price as residents for the first 12 months of assignment. After this period, they may be charged out of state tuition.

Questions about fees, tuition, and financial assistance? Call the LAMC Education Center at ext. 4030 or Ft. Scott at ext. 2974.

... the write stuff ...

by Richard Wetzel

First of all, let me retract last week's opening statement: the Los Angeles freeways are NOT parking lots...not any more than our two famous bridges...in fact, the LA freeway is more like a roller coaster...or a giant water slide—on wheels. But if you don't feel comfortable cruising at 80 MPH (and I'm not talking 'bout on an open, straight highway either) stay off the road. You'll hate the drive and so will the other cars.

For months now, I've been stressing that you should get out of the barracks, get off the post and see San Francisco for what it really is. Sure it's a city full of *kooks*, that's what makes it so special. But let's not forget that San Francisco is in California, not a state (of mind) itself and there's a lot more to this state than just a Bay Area, although try to tell that to a lifetime resident. To the naked eye, (excluding glasses and contact lenses), Southern California offers a different perspective to this exceptional state (of being)...And contrary to popular belief, it's not that expensive to turn a three or four-day weekend into a mini-vacation and visit the other end of the stick...You could travel by plane, bus or train, although a POV might make the trip more personalized and comfortable. If you don't own a car, check with a rental company, making sure they offer both a military discount and unlimited mileage.

The trip to LA can be made in approx. seven hours, depending on traffic and how heavy your foot is. But you might want to stop about halfway

and spend the afternoon and night in one of the smaller coastal towns, such as San Luis Obispo or Pismo Beach...the Santa Barbara Beach is warmer and "beachier" than our Baker Beach, even though I'm told those islands off the coast are fake...LA can be fun if you know where you are going and if you don't, travel guides, maps, a good sense of direction and humor and a large bottle of aspirin is always helpful. Movie stars, the Olympic games, Disneyland, beaches and Valley Girls are all a part of LA you might want to check out...If you go as far as Palm Springs, try to roll past the city limits at dusk or even darker. The nightlife in this well-to-do city is fantastic, but by daylight, it could be any desert ghost-town lined with palm trees. (Well, you didn't expect weeping willows, now did you?)

Save your money and stay at cheap motels. You might be surprised to find that many "cheap motels" are nice places. Besides, a bed is a bed is a bed, although I'm sure there's someone who will argue with me over that one. But if you're on a budget (and who isn't these days), the money you save on lying down could go toward a nice meal...one for you and one for your gas tank....And again, ask for your military discount, even at those "cheap motels."

But alas, this is not a payday weekend, and it looks like you'll be in the area. No sweat, not for you or your wallet. ...The San Francisco Sheriff's Mounted Posse's 23rd Annual Benefit Horse Show begins at 7 a.m. tomorrow morning at the Bercut

Equitation Field (GG Park) near 41st Ave. and Lincoln Way. The horse show runs till dusk and will repeat itself or continue on Sunday, same time....The Sunshine Club presents puppet shows, skits, games, clowns and music at the Sharon Meadows near the Children's Playground on Saturday at 10:45 a.m....The 3rd Annual Marino Pietretti Day Old Timers' All Star Baseball game begins at 2 p.m. Sunday at the Bid Rec Ballfield near 7th Ave. and Lincoln Way.

MUSICAL SNUFF...KSAN/Townhouse presents a FREE, (you like that word, huh?) Country Music Concert Series at noon, Friday Aug. 10 at the Embarcadero Center....Wayne Newton has obviously stepped off his stage in Las Vegas since he's scheduled to play the Circle Star Theatre in San Carlos, Sept. 2...No word yet on if he'll be in San Francisco, but keep reading here and I'll warn you if an attack should happen....The *Psychedelic Furs* will be at the Greek Theatre Aug. 17, however *UB40* will not be appearing as previously announced....

Other cheap entertainment...take a walk over the Golden Gate Bridge, maybe to Sausalito or the Marin Headlands. Take a walk under the G.G. Bridge to Fort Point....A walk along the bay to Fisherman's Wharf is a nice walk, or even try walking the Ecology and Historical trails on post. Maps to both of the trails can be picked up right here in the Public Affairs Office, building 37.

And if that doesn't tickle your fancy, then your fancy doesn't deserve to be tickled....

Sports

Pistol Championships

by George Collier

The Golden Gate Pistol Team dropped the Presidio Pistol Team, taking first and second place, in the Post Pistol Championship July 25 at the Ft. Scott firing range.

Though Golden Gate took top honors at the NRA-sanctioned (National Rifle Association) event, Presidio's top marksmen, placed third with the .22-caliber pistols. Presidio's top shooters were SFC Charles Farmer followed closely by Capt. Earl Morgan.

All shooters fire in three

categories: rapid fire, slow fire and timed fire. During the timed fire each marksman has 40 seconds to shoot two rounds of 10 shots each—not much time with each trying to blast a hole dead center in a target. But fire they do, with shell casings flying, small puffs of blue smoke visible with each shot, and what would be a deafening noise were it not for the required ear protection.

And suddenly it's over; scores are tallied, winners and losers decided...until the next match.



Softball Standings (as of July 27)

TEAM	WIN	LOSS
A Team	21	0
OARB	19	1
6th Army	15	4
USACC	15	5
Red Cross	14	4
864th Engineers	13	5
Attorneys	12	5
G Co, DLI - SF	10	10
USAG	12	8
LEC	11	7
Doctors	10	8
LAMC No. 2	9	9
H Co, DLI - SF	8	13
DEH	8	11
LAIR No. 1	7	12
MSC	6	13
Four Seasons	6	13
FBI	5	14
6th Army Band	4	12
LAIR No. 2	1	18

The A Team defeated OARB 16 to 6 on July 26 to cinch 1st place in league.

1984 Post racquetball championships

The Sports Branch will hold a Post Racquetball Championship tournament from September 4 - 9.

There will be three divisions of players to enter, Open (any age), Senior (35 yrs plus) and Women's (any age).

The tournament is open to all active duty soldiers assigned or attached to the Presidio.

Questions regarding eligibility will be referred to the Sports

Director. A rules interpretation meeting will be held at noon, August 28, at bldg. 63, post gym #1. All interested participants must attend this meeting. Competition will be single play only in a double elimination tournament.

Awards will be presented to the top two finishers in each division. Contact the Sports Branch Office, bldg. 63, (ext. 4120/5032) for entry blanks and more information.

Presidio golf tournament date set

The Annual Presidio Golf Tournament (Comptroller) will be held at noon August 29. This tournament is a 4-person scramble event open to officers, enlisted, civilian and retired members of the Presidio community. An award ceremony will follow the tournament in the Portola Room of the Presidio Officers' Club. Entry forms have been distributed; extra copies can be obtained from Major Begley, Deputy Comptroller. Cut-off

date for entries is August 21, but will be on a first come, first served basis.

Get fit with Aerobics

Get fit and stay fit! High energy classes including stretching, toning and aerobic conditioning done to pop music, are held daily at Post Gym #1. Classes are ongoing; you can join any time.

Classes are:

- Monday through Friday, 11:30 a.m. to 12:30 p.m.; Sandy Meyer, instructor. For a four-week session, cost is \$25 for 8 classes; \$35 for 12 classes; \$40 for 16 and \$45 for daily classes with a \$3.50 drop-in fee.

- Tuesday and Thursdays from 4:30 to 5:30 p.m., or 5:45 to 6:45 p.m. with instructor Karen Behnke, R.N. For a four-week session, cost is \$22 with a \$3.25 drop-in fee. There is a free introductory class and all classes are open to both men and women, all ages, all levels of fitness. (Participants are encouraged to exercise at their own pace.)

Register with the instructor at class, or call 381-3382 or 561-4120 for more information.

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Sports Briefs

Presidio pistol team

The Presidio Pistol Team practices every Monday night from 6 to 8 p.m. at the Ft. Scott range, bldg. 1369, with competition the last Wednesday every month.

If you fancy yourself a latter-day Billy the Kid, enjoy the sport, or just want to maintain proficiency with a weapon, call Capt. Morgan at 561-2878 for more information, or the range NCOIC, SFC Steinbrook at 561-4625.

Special note: The Presidio Pistol Team will play host on August 9 for an Open Championship Center Fire with .38 and .45-caliber pistols.

YA tennis tournament

YA will be sponsoring a tennis tournament on August 25 and 26 from 9 a.m. - 5 p.m. at the Infantry Terrace and Library Courts. For boys and girls ages 8-18. Cost of tournament is \$3.00. The deadline for registration is Aug. 21, at 3 p.m. Come by the YA office to sign up (Building 122, basement between 8 a.m. and 4 p.m.).

6th Army Fun Run

LTG Arter, Commander Sixth US Army, led his command on the first Sixth Army Fun Run on the afternoon of July 20. MSG Brown, Office of the Deputy Chief of Staff for Training and Fun Run organizer, indicated the event, a 3 mile run on the Presidio, is to be a monthly affair per direction of General Arter. A total of 276 military, DA civilian and family members participated. Overall winner was Major Daigle with a time of 17:18. Top ten male finishers were: 2 - LTC Wright, 3 - Major Brown, 4 - MSG Burris, 5 - Major Nickles, 6 - CPT Bay-Ramyon, 7 - CPT Gilmore, 8 - SFC Fuhrmann, 9 - Major Baker and 10 - SSG Holt. Women top 10 finishers were 1 - Ms. Portugiz in 22:06, 2 - SP5 White, 3 - SP5 Cantrell, 4 - Ms. Pingle, 5 - Mrs. Gonyea, 6 - SSG Ramsey, 7 - PFC McShane, 8 - Ms. Wehmeyer, 9 - Mrs. Crdenas and 10 - SGT McMillan.

Flag football

The Intramural Flag Football season will begin on or about September 10. Action-packed games will take place nightly at the PX athletic field (next to post library).

A rules interpretation meeting for all teams will be held at 1 p.m., September 5, at bldg. 63, post gym 1. All unit team entries are due on this date.

Contact the Sports Branch office, bldg. 63, (ext. 4120/5032) for entry blanks and more information.

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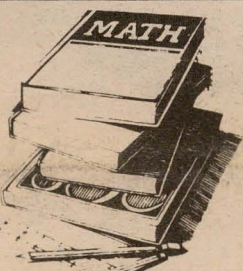
"Published in the interest of the people of the Presidio of San Francisco"

August 10, 1984

Inside:



Bikes of War: you'd never have guessed! / **page 5**



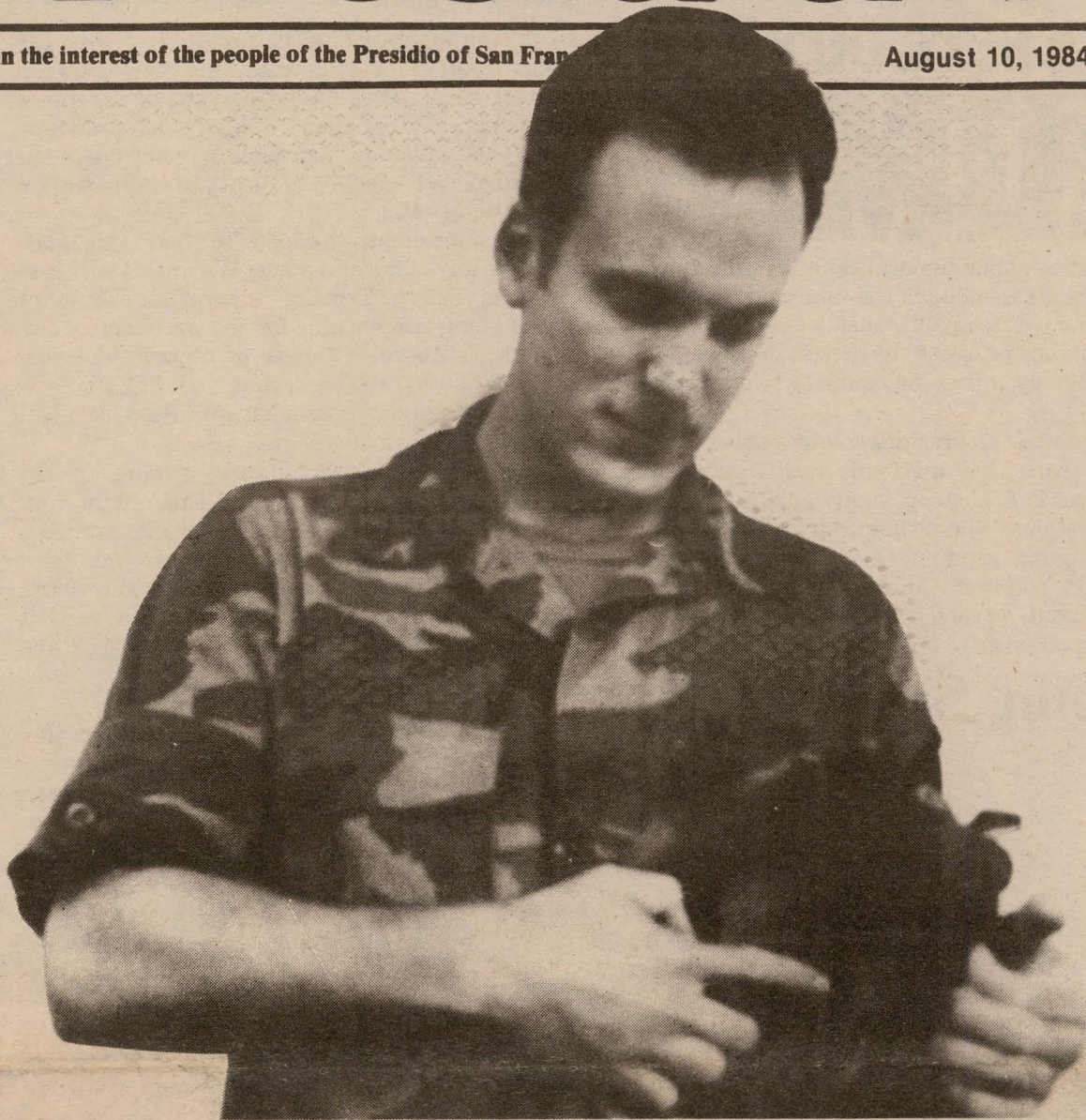
Education Center: offering a smorgasbord of programs / **page 6**

Combat games: Gentlemen, start your computers / **page 6**

Fall fashions: what every soldier should know / **page 7**

The morning after: is it safe to drive? / **page 8**

Over 40's group: still social butterflies / **page 8**



July Soldier of the Month Sgt. Joel Jensky practices a gas mask exercise.

photo by Bob Walker

Soldier of the Month chosen

by Bob Walker

A U.S. Army Communications Command (USACC) soldier proved his soldierly knowledge by earning the Soldier of the Month (SOM) Award for July.

Sgt. Joel A. Jensky works at USACC as the NCOIC of inside plant maintenance. He is presently working outside his MOS of telecommunications center operator. He was drafted as the replacement at building 67, to work at the dial central office—the facility which houses the maze of switches and wires that makes the Presidio telephone system work.

Jensky was just sitting in the orderly room when his training NCOIC, SFC Harry Belonus came out from the Board and told him he had won.

"I felt great, really good. I finally stopped sweating after two days. It really felt good to win," Jensky said.

What does he feel it takes to win?

"It takes a will to win—you've got to want to win. I've had a lot of support all the way up," Jensky said.

Jensky will soon be leaving the Presidio on a hardship assignment to Greece. He'll be there for a year while his wife and two daughters stay behind. While in Greece he hopes to get his college studies in management started.

What kind of person is Jensky?

Belonus said, "Jensky is an aggressive, energetic and knowledgeable person; he has far ex-

ceeded my expectations. He is an outstanding individual, who has been working outside of his MOS, broadening his overall military knowledge. He has a pleasing personality and he's easy to work with. He volunteers his time and efforts. He seeks information from those who are more knowledgeable. He, himself has been surprised at some of the things he's learned."

Belonus feels Jensky's persistence is what helped him to win Soldier of the Month. "If he didn't have persistence, he wouldn't have won—it was awfully close," he said.

According to Sgt. Maj. Thomas Sullo, "Jensky won't be easily replaced. You don't find that kind of a young NCO very often. He's been very dedicated and has been involved in USACC activities. Many of his traits aren't even found in many senior NCO's. He's a really fine troop, I'd love to keep him here. It's very noteworthy the work he did supervising a technical area he had no prior background in: He took what help he had and improved the Dial Central Office."

When asked about his hobbies and other interests, he said, "Photography is my biggest hobby. My family is my biggest interest—going to the park and spending as much as I can with them. I'm a member of Run for you Life Club and play softball with the unit. I'm a member of the team that took third in a Fun Run recently."

Jensky has the Will to Win—and that's exactly what he did.

Opinions

TAKE A BITE OUT OF CRIME

Buying automobile insurance is required by law. In California \$15,000 is the minimum personal liability coverage you must have. Personal liability insurance protects the driver, in the event he is sued for any injury he causes while driving his car.

A large number of Presidio soldiers drive cars, or buy cars when they arrive on post. Since the cost of driving is not cheap, many soldiers try to limit their costs anywhere they can. Car insurance is not a tangible product; it's easy to go the cheapest way. You don't miss anything until you have an accident. In any event you tell yourself you are a good driver.

Collision insurance is the insuring of your car against damage. People who buy new cars on credit are required to have this type of insurance on their cars. What many soldiers don't understand is that collision insurance is what costs the most money, because the majority of claims are for collision damage.

Traffic accidents happen to bad and good drivers, at any time and place. We are all susceptible to this 20th Century misfortune. Imagine yourself being responsible for the wreckage of two new cars. A liberal estimate of replacement cost could be \$30,000. To think, that's a lot of money is foolish in relationship to what an injury accident could cost you.

Now let's imagine you are driving to the Presidio, you don't have an evil thought in your mind and suddenly a pedestrian walks across a cross-walk. While you change lanes you don't notice the pedestrian and seconds later the victim is flying through the air. You can't believe that this is happening until after the initial shock and

your basic humanistic concerns for the injured man have eased. Your attention is drawn to an aggressive radio commercial that says, "don't let the insurance companies rip you off" which brings you to the frightening realization—you just hit someone.

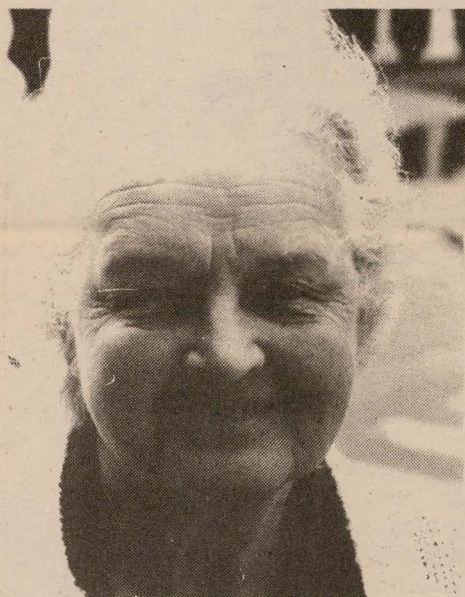
Your \$15,000 personal liability insurance is inadequate and you are exposed. Should the court award the injured man a large amount, your assets can be taken, and, in California, 50 percent of your pay can be garnished. You could be facing the harsh reality of legal financial ruin.

The irony of car insurance is, the type of coverage you need is the cheapest. Personal liability insurance is not expensive. A \$200,000 policy would cost only \$5 extra per month.

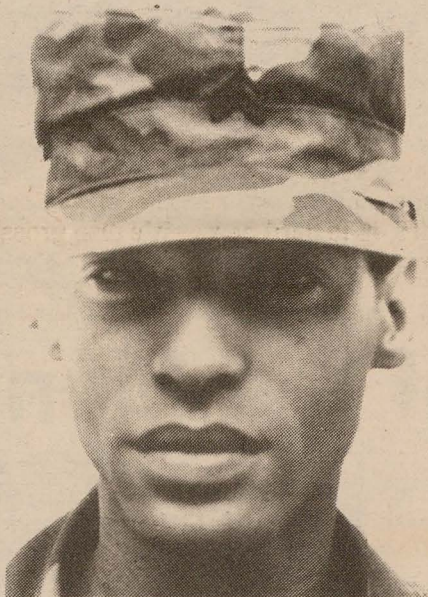
In summary, although \$15,000 is all that is legally required in California, in reality only having \$15,000 of coverage means you are dangerously under-insured. Do yourself a big favor and increase your personal liability insurance. Don't be a penny wise, but a pound foolish.

Ramblin' Sam

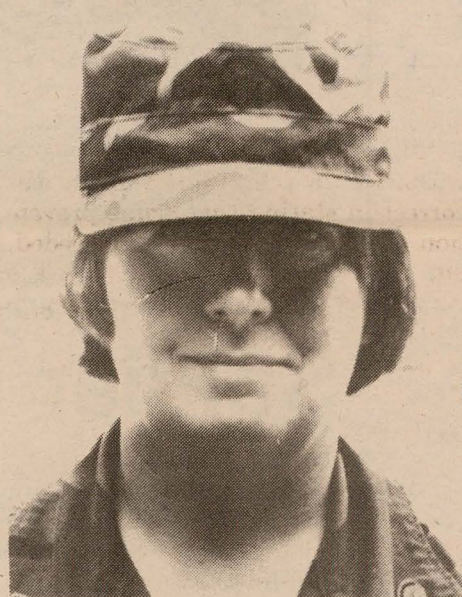
"What did you do on your first date? How old were you?"



Vesta Mansfield, "I went swimming. I was 16."



Sgt. Carlos Cox, NBC NCO, 6th IG, "We went to the movies and saw *Mahogany*. I was about 17."



Sp5 Beverley Bartz, SQT coordinator, LAMC, "We went horseback riding, being from Montana. I was about 14."



Richard Hosking, TMP driver, "We went to the movies and it cost me 25 cents, popcorn was a nickel. I was 15."

Action Line/commentary

As the post defensive driving instructor, we should extend this abolishing of "happy hours," to not serving minors (under 21 years of age) in our clubs. The only way the EM club should serve minors in this state is when the person is restricted to the post.

Name Withheld

Per AR 215-2, no person under 21 years of age can be served alcoholic

beverages at the Presidio Club. Also those minors may not purchase alcoholic beverages at the package Store. There is an exception to this—military personnel may purchase, possess and drink malt beverages and wines on the installation regardless of age limitations.

L.D. Bowen
Acting Director, Personnel
and Community Activities

A Lonesome Night

by Pat Barham

In time earned rest our comrades lie
Now still and cold, they chose to die,
They fought for those whose privileged
right
Did not refuse a freedom's fight.
They came by hundreds, thousands
more
And yet lie these who knocked death's
door,

Some came and left — there's always
some who stay
For the price of liberty, we all must pay.
Many scorn and mock and disgrace
these
But more will die before *they're*
pleased,
It comes too often, that helpless plight
When those oppress'd, too small
to fight.
But bet your soul these earned the right
On heaven's door, call this lonesome
night.

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Dear Editor...

Quotes...

Dear Editor:

Since I am presently working at one of the Presidio's sub-installations, I did not see your July 27 issue until today. I would like to say that I am incensed about the remarks attributed to me in "Ramblin' Sam;" but since it would be too much of an understatement, I'll refrain.

Having been the assistant editor of *Military Intelligence Magazine*, I fully understand that space limitations often require that material be condensed, restructured, or made more concise for publication. The danger is that something may be removed or changed in such a way that the original meaning is obscured or even lost entirely, and that is what has occurred here.

When your reporter first asked me his question of the week, my immediate response was to ask him what he meant by "glamorous." Since he preferred to leave that up to me, I chose to use as a working description something which is generally perceived as exciting, alluring, or adventurous. This is pretty close in spirit to the *American College Dictionary's* first definition of glamour: "alluring and often illusory charm; fascination." I then proceeded to describe popular perceptions of intelligence work in terms of Ian Fleming's James Bond and the "CIA 'spooks'" so prevalent in contemporary movies.

I also made a point of emphasizing that the reality of intelligence work, though often highly interesting and intellectually stimulating, is vastly different from these popular stereotypes. The is a definite thrill which comes when an unexpected intuitive flash helps you to identify an object just before your eyeballs are ready to fall out from looking through a stereoscope for hours at photographic imagery; when a painstaking terrain analysis enables you to correctly predict what an opposing force will do next; or when an intercepted radio or radar signal provides the key to identifying and locating everything "out there" which is close enough to be a threat. Somehow these other things I talked about didn't make it into print—perhaps because they lacked the "often illusory charm" of the stereotypes.

Certainly there is a kernel of truth at the core of the popular myths about intelligence, just as there is at the core of the stereotype of the infantryman as someone who spends most of this time clearing out enemy machinegun emplacements with a bayonet...and to about the same degree.

As an MI branch officer, I would be offended if one of my peers seriously suggested that the essence of my branch lay in getting to "wear civilian clothes and carry a gun" and would recommend that he get around

to attending the Intelligence Officer Basic Course as soon as humanly possible. I am deeply distressed that my MI branch peers will probably be making the same recommendations about me as a result of the misquotation and deletion of my remarks in "Ramblin' Sam."

Sincerely
L. Dale Seago
CPT, MI
July 31, 1984

(Editor's note: for our reader's benefit, the July 27 Ramblin' Sam question was, "What's the most 'glamorous' branch of the Army? Why?"

It is *Star Presidian* policy that Ramblin' Sam quotes are edited not for content, but for length only).

Crime Watch

Dear Editor:

When are you going to learn? "Take a Bite Out of Crime" is one of the most unwelcome, unread 12 inches of copy to go into the *Star Presidian* week after boring week.

Your very own *Star Presidian* readership surveys proves this, does it not?

Maj. Lowe's reply to "name withheld" in the July 13 issue, was correct in stating that crime prevention education is useful and needed, but if I recall correctly they have a very active training and education program without the column.

If we follow that line of reasoning, why doesn't ACS or the Fire department have a column to help with their education and awareness programs?

And just whose half-cooked, half-lame idea was it to put the thing on page two, the "Editorial" page anyway? Whose opinion is it?

And why do we Presidians receive only "encapsulated" versions of crimes, and again on the editorial page! When you could turn it into news and put it on page one where it belongs?

After all, isn't that the purpose of a newspaper? Or does the editor feel that Presidians are too sensitive to read hard news or anything that doesn't tell us to close and lock our windows every week?

I have U.S. Army journalism training handbooks and guides that say you are wrong, not to mention the fact that it just does not get read.

Please, use the space for something that people will read.

And while we're on the subject of wasted space, who thinks up these trite questions for "Ramblin' Sam," a committee from the Presidio Preschool?

Tim Dewar
family member

Reply:

Dear reader:

We do not have valid readership figures on the Crime Prevention column, but we should have when the results come back from the next readership survey.

The Crime Prevention column is

the linchpin of the training and education program. The Presidio community cannot very well be aware of what the program offers unless that information is available through a command information program—that is the aim of the column.

Why not an ACS or Fire Department column then? When you move into a new neighborhood, do you ask first about community services or how good is the local fire department (though perhaps you should)? No, you are more likely to ask, "Is it a safe neighborhood?"

The original decision to place the crime column on page two was made by the previous editor and is appropriately placed in my opinion—an opinion shared by the Editor's course instructor at the Defense Information School (DINFOS).

Regarding "encapsulated" versions of crimes—the vast majority of crimes listed are bicycle thefts, minor acts of vandalism and stolen wallets; none of which deserves page one coverage. In the last seven months, there have been only three significant crimes: an arrest for conspiracy to sell LSD, a robbery and stabbing, and an alleged rape.

"Hard news" does not mean running a rape victim's account on page one...and do we run the photo, too? Yes, it is hard news—it's also grossly insensitive.

You may disagree with the content and placement of the Crime Watch column; okay, that is a matter of opinion. However, DINFOS Editor's course instructor, Pat McKeand said, "Military publications can be different from civilian newspapers. Your military commentary page may be similar to commentary pages from business and industry newspapers.

"And you have an obligation to provide command information."

One final point—how dare you impugn the intelligence of the Presidio Preschool! As the writer knows, *Ramblin' Sam* questions are the products of the editor's feverish brain. And "trite?" *Random House* defines trite as, "lacking in freshness or effectiveness because of excessive repetition; hackneyed; stale."

You may hate *Ramblin' Sam* questions, but they aren't stale. Whatever else they are, they've never been repeated in the *Star Presidian*.

The Editor

Rec Center

Dear Editor:

Often it may seem that those people who provide services to the soldier do so to an ungrateful populace. The work that goes on to design activities for children, families and the single soldier may sometimes appear to be an exercise in futility. Poor showings at community meetings or planned excursions attest to this. In a town such as San Francisco the recreational services program faces competition from local activities.

I must say, though, that I am grateful for all that the Presidio Recreational Services provides. Of the five CONUS (Continental United States) duty stations I have been assigned to, with many more troops at those posts, I have found the Presidio Recreation Center to offer more activities than any other center I have patronized. The staff are extremely well suited for their jobs, most possessing some type of formal training in Recreation. They are all people-oriented and pleasant to be around. The Recreation Center becomes an easy place to relax and enjoy movies, games, computers or play the piano. I have't even mentioned the excursions organized to local areas.

I would like to thank all those people at the Recreation Center for the hours of enjoyment they have provided to all soldiers and their families. Their work is not unappreciated.

Sincerely,
Sp5 Ken Robertson
Company A, LAMC



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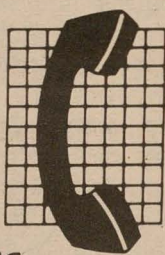
				
				
				
				

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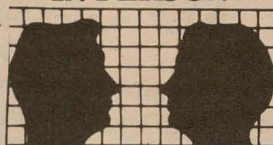
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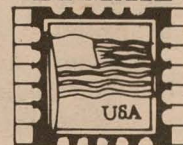
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Feature



Bikes of War

The secret history of bicycles' use in warfare

by Tom Condon

Is there a 10-speed, computerized "attack bicycle" in your future? Probably not. But bicycles have had an on-again, off-again place in military history since the Franco-Prussian War around 1870.

It was the French army that envisioned bicycles as ideal vehicles, swift and silent, to send armed scouting expeditions behind Prussian lines. With targets identified, a bicycle mounted assault force would then be used for a surprise attack, fast and lethal, before disappearing back into the night to its own lines. At least, that was the theory.

Unfortunately, it didn't work out that way. The bicycles of 1870 were heavy, clumsy, rigid and tended to fall apart in rough terrain. "Swift" was not a term linked with bicycles of that era, either. There being no chain drives, it took a lot of pumping to get one of the lumbering, jolting monsters up to speed.

A few years later, the Italians gave bikes a try. In 1875, the Italian Army had some success carrying out extensive maneuvers under battle-

like conditions with the best bikes they could find. This encouraged other countries to take a closer look at the bicycle's potential and they, too, began experimenting, but with little progress.

Tricycles were designed to haul heavy equipment; a four-wheeler bike followed. But it would have taken an acrobat to master them because, lacking spring action, these machines jerked and rocked violently over battle-torn roads.

The revolutionary invention, which made the bicycle a more practical mode of transportation, and therefore more useful in the field, was the pneumatic tire.

It was important enough to get the U.S. Army experimenting with bikes, but the result was more show than substance.

Big, rotating umbrellas were attached to catch the wind and "sail" bicycles over hilly terrain. But bikes and riders often ended up in a tree or a muddy creek.

It didn't take long for the Army to decide on a more practical approach. They concentrated on making the

bicycle a dependable and swift mode of transportation.

The new approach paid off in 1896 when the 25th Infantry Bicycle Corps was formed at Fort Missoula, Mont. The all-volunteer unit made several successful cross-country trips, including one covering 1,900 miles.

The invention of the folding bike was another revolutionary development. Credit for this achievement goes to the Austrians and French. The bikes, weighing less than 30 pounds, were carried easily on a soldier's backpack.

By World War I, folding bikes were an integral part of military transportation systems and were often seen on the front line. They were used by the French, Belgians and British as well as the Germans.

The American Expeditionary Force crossed the Atlantic with about 30,000 bikes, which were used to complement other kinds of transportation, as well as for reconnaissance missions and recreation purposes.

When World War II broke out, the soldier-bicyclist was a familiar figure in both the armies of Europe

and Asia. But not in the U.S. Army. American troops were transported by ships and planes and then by trucks and trains.

The soldier-bicyclist proved to be an effective force in the destruction of railroads and bridges behind German lines by French underground resistance fighters. And bikes were sometimes used to move supplies when trucks or jeeps broke down.

In the Far East, bicycles were particularly suitable for moving through thick jungle areas. Japanese expertise in the use of bicycles was an important factor in the takeover of Malaya and Singapore.

During the Vietnam War, the bicycle again proved its worth.

To support the Viet Cong in South Vietnam, the North Vietnamese ran a supply line down the winding Ho Chi Minh Trail, with thousands of cyclists carrying weapons, ammunition, and other supplies. Silent, sturdy, and hard to detect, the bikes used could carry hundreds of pounds of supplies.

American Forces Press Service

Feature

Education Center helps you to help yourself

story and photos by Bob Walker

You've heard it said many times before, "Come to the Education Center and plan your education." But you keep putting it off or you feel there aren't any services or programs that can help you with your educational goals.

But do you really know all about the Education Center? Do you know about its programs and services? Or do you know what you want to do with your life?

The Education Center has counselors to help you out. Family members and DA civilians, as well as soldiers are welcome to come by the Education Center, according to Jeanne Redsecker, Education Services Specialist. Counselors are on hand from 7:30 a.m. to 4:15 p.m.—even during the lunch hour. Soldiers can even arrange for an appointment after duty hours if it's impossible for them to get away from the duty section during the day.

How's that for flexibility?

What can the counselors do for you?

They can acquaint you with area college programs and costs. They tell you what portion Army will pay for and supply you with telephone numbers and addresses of schools. They also tell you about California residency requirements.

According to Jackie Burke, a counselor at the Fort Scott Education Center, "We take care of any educational needs. We can help you raise your GT scores by giving you classes for 10 or 11 weeks, four hours a day (on duty time). An average increase is about 20 points, which prepares many for college courses or CLEP tests. Classes are in English, math and reading.

If you want to increase your GT score, go to the Ed Center to see a counselor. The counselor will put your name on the list for the next class. A DF is sent to your commander for approval, then you bring it back to the Ed Center. According to Burke, commanders generally approve the classes when they see that a troop cares enough about raising their GT score.

Counselors are urging those with GT scores higher than 120 to take some CLEP tests. There are five areas—social science, natural science, math, English and humanities. According to Burke, each area is worth six college semester hours of credit, when you pass them. She added that "As soon as a CLEP test is passed, we send the information to the personnel section to have it put in your 201 file. If you fail, the results are returned to you. A failed test doesn't go on your record."



Ernir Gonzales, Marian Won (center) and Emelina Hartnack (right) practice pronunciation skills in the English as a Second Language class.

Doby Dokes, another counselor said, I don't mind explaining programs even if I'm at the snack bar or working out at the gym. I'll call them back to get them into the office. The Army is very competitive. Education is the way to get ahead. A soldier can't take it for granted to come into the Army for 20 years. You have to get involved in educational progress as well as other activities or you may be barred from reenlistment."

If you would like to take some tests, the center can test you with achievement tests, college placement tests, college challenge tests, aptitude and interest tests and certification and licensing exams.

To help the soldier with military skills, the MOS Library can provide information on Army regulations and policies, and provide field manuals and technical manuals. It prepares you for SQT tests with training materials on specific jobs. George Young, the MOS librarian can even get you started with Army correspondence courses after explaining options, eligibility, what sub-courses consist of and promotion points awarded for successful completion of a course.

If you are about to ETS, you must attend a separation briefing which explains VA benefits, how to apply for a job, how to prepare a resume and Reserve possibilities. "Most importantly it tells what documents are needed to get out of the Army without major snags," Redsecker said.

Tommy Morgan teaches the BTMS (Battalion Training Management System) at the Learning Center. BTMS trains people to teach others military skills. Training aids, soldiers manuals and TEC tapes are available for training purposes.

The Ed Center has several programs available which help too.

The Basic Skills Education Program is the on duty program that teaches the three R's. Some space is available for family members.

The English as a second language program teaches basic speaking, listening, reading and writing skills. Classes are free and are available to soldiers, their adult family members and civilian employees.

The Ed Center also provides some college programs and classes, some of which are held on post.

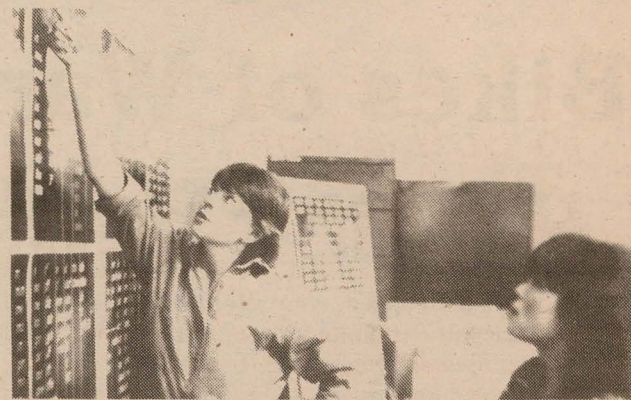
What do educational seekers say about the Ed Center?

Sp4 Elizabeth Gurnsey from LAMC said, "The counselors looked at my education and figured out what I needed to meet my goals. I've taken four college classes now—sociology, humanities, and history I and II. I've got 13 credits now. The teachers really are aware it's an Army post, with us working 40 hours or more a week. They don't give assignments that are too hard, but it's not easy either. I have a roommate who is upping her GT score through self-study."

Diane Simpson from 6th Army said of her shorthand class, "It was really great. The instructor really cared about us doing well. I've told others about the Ed Center. I've had complete cooperation from them."

So Ha Lee, a secretary/typist with the reserve component branch said of the military correspondence course, "It's great. It helps me a lot to know what forms to use and how to type them and how to set the margins. The teacher was really good."

So you feel the Education Center can't be a benefit to you. Guess again! Call the Ed Center at 561-4445 to see just how wrong you've been. Don't put it off any longer. It could cost you that much needed promotion.



ESL teacher Regina Reddy explains the sounds of letters to Junko Matejov using a letter chart.

How computer games sharpen combat skills

by Tom Condon

The genesis of many games has been based on martial techniques and skills. Jousting, chess, the Oriental game of "Go" and even "cowboys and Indians," sharpen the reaction thinking of the players. Computers have brought a new sophistication to games for training military officers and troops.

The greatest advantages seem to be the compression of space and time. Using the Tactical Warfare Simulation, Evaluation and Analysis System (TWSEAS), Marine commanders can practice on computers simulating a battlefield three times the size of California and a force of 50,000 troops. Officers and enlisted staffs playing the game from com-

puters at Camps Lejeune, Pendleton and Quantico can wage battles, move forces, issue orders, and react to situations.

"The great thing about it," a Marine spokesman said, "is that the players can learn their weaknesses and develop their strengths."

Since the results can be quickly evaluated and analyzed, learning is immediate. "It's not like playing a game alone," according to a Marine spokesman. "If you make a mistake and casualties are taken, for example, it's personally embarrassing." Fortunately, on the computer battlefield, the casualties are not real and the game can be replayed so mistakes can be corrected.

The Army has developed com-

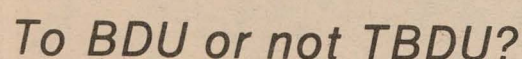
puter war games for strategic and tactical training. Since 1981, the Army War College in Carlisle, Pa. has had computer games as part of the standard curriculum. Students compress a 30-day battle into two days, practicing the operational and logistical elements of large-scale battles. Future battalion commanders and staff officers hone their techniques on computer games at the Army's Command and General Staff College at Fort Leavenworth, Kan. An impressive array of electronic aids assist the complex training of battalion-size units at the National Training Center, Fort Irwin, Calif.

The Air Force uses an electronic blackboard to teach a variety of courses. One instructor can teach

classes at 18 different centers. "It's clear that students learn just as well when they can't see the instructor as when they can," according to an Air Force spokesman. Computers also reduce training costs. Flight simulators are used to train pilots of various aircraft and build skills in less time and at less expense.

Computers are helpful in training mechanics as well. For example, a computer can induce 294 faults, any three at one time, into an Army Chinook helicopter. Mechanics, crew chiefs, and flight crews must analyze the problems and correct them. "This is just another example of the practical, everyday use of computers today," a spokesman said.

(AFIS)



Soldiers Scene

Over 40 doesn't mean over the hill...or lonely

by Pat Barham

Over the hill! Some people may think that being Over-40 and single limits a person's possibilities for happiness. But on the Presidio there is an organization called The Over-40 Singles Social Group which dispels that belief.

The Group which started last November is comprised of people who are retired, active duty and government employees who are divorced or widowed. The group meets once a month and offers activities for its participants.

According to Diane Newcomb, ACS financial planning consumer affairs officer, "ACS and the Chapel are sponsors of the group. Last November the two activities met formed the Over-40 Singles Social Group and a Single Parents Group to fulfill the needs of those people within the Presidio Community. "There are over 100 people in the Over-40's group at this time," said Newcomb, "we meet once or twice a month and have activities for our members such as parties and tours. The cost of participating in the organization is kept to a minimum and usually runs about \$2 depending on the activity for that month."

"It's basically a social group which allows people who have a common bond to meet and enjoy the company of other people like themselves," said Newcomb.

There is a committee which functions as the governing body for the group. "For the most part, everyone within the group has some connection with the military in some way. The retirees and the active duty members can relate to others who are divorcees

or widows of military members. DOD employees associate with the military through their jobs and also can relate within the group."

Pat Pavlisin a member of the group said, "The purpose of the group is to get people together to socialize. It is not a dating service by any means. The group allows people to do things together rather than doing things by themselves and that is nice."

"You meet some very nice people who are in the same circumstances that you are, either divorced or widowed or single," said Pavlisin "it's a nice feeling."

Recently two members of the group were married. Dominga Riedel, of CPO and Robert Lawther, a retired naval commander, were married on Aug. 1 and met through the group.

On Sept. 25 at 5 p.m. the Over-40's Singles Group is scheduled to have a pot luck supper at the Presidio Religious Activities Center. Anyone interested in joining the group may attend according to Newcomb. Contact Pat Pavlisin for more information at 561-4719.

Future activities include a discussion group seminars on men and women relationships and outings throughout the San Francisco community.

Reaching out to the needs of the whole community is a goal of the Presidio ACS and Chapel activities organizations. The Over-40 Singles Group is just one more way of reaching that goal and providing a little social entertainment for its members.

Drinking? Don't drive; Hangover? Ditto!

Everyone knows by now that people who drink and drive are a danger to themselves and to others.

Now, there's a new question. Just how dangerous are those same people "the morning after?" How does a hangover affect driving abilities?

A report in the Journal of the American Medical Association suggests some intriguing answers. It discusses tests performed in Sweden that showed hangovers may diminish driving ability by as much as 20 percent—even when blood alcohol concentration (BAC) is zero.

Twenty-two volunteers took part in the test. After practicing several difficult driving maneuvers over a period of time, the subjects were wined and dined. The drinking stopped at midnight and after eight hours sleep, the 22 were awakened and fed breakfast. When their BAC was zero, they were asked to perform the same driving maneuvers they had practiced earlier. The Journal reported that a 20 percent decline in driving ability



was recorded; and 19 of 22 subjects had considerably poorer marks while hung over.

The Journal also reported that it didn't make any difference how the test subject felt the next morning. Those who felt all right drove just as badly as those who didn't.

(American Forces Press Service)

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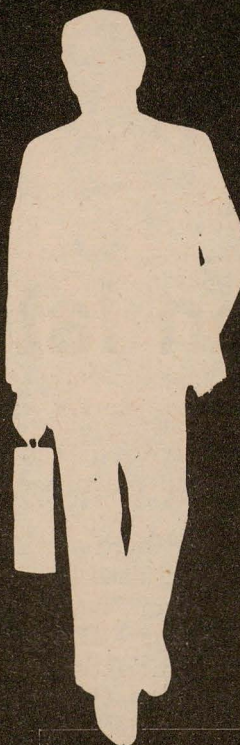
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YOUR FIRST APPOINTMENT IS WITHOUT CHARGE

Community Calendar

Post Chapel

"The DIAKONIA, meaning "Service," are peer counselors dedicated to helping people through crises experienced in their lives. The first class was recently graduated at the Religious Activities Center, with Steve Miller as Protestant Director of Religious Education as the trainer. The group, all having experienced personal trauma, received 18 hours of training, is patterned after the highly successful peer counseling group from Southern California, featured recently on Sixty Minutes. The next class will begin in September. To sign up or for information contact Doris Munstermann or Steve Miller at the Religious Activities Center, 561-3535."

Learn a language

On orders to Panama or Puerto Rico? Learn Spanish without a teacher. Spanish video cassettes are available for individual study. Visit the Education Center weekdays between 7:30 a.m. and 4:15 p.m. and set up your own study schedule anywhere from 7:30 a.m. to 8:30 p.m. Let the TV be your teacher!

Self-teaching Spanish audio tapes and books are available for checkout at the Education Center. Military assigned to Spanish-speaking countries are welcome to retain their sets of books and tapes.



Historic photo

The Presidio and the Golden Gate in 1863.

US Army photo

Volksmarch

On Sat & Sun, Aug 25 & 26, the Sacramento "Sutter Strutters" invites all Volksmarch enthusiasts to participate in their Volksmarch which will take you through the center of old Sacramento. Brochures and registration forms are available at the Presidio Recreation Center, Bldg. 1331.

Giants baseball tickets

Are available for the Dodgers Series on Friday, Aug. 10 at 8:05 p.m. Tickets may be purchased at the ITT Office, Bldg. 385.

Discount circus tickets

The ITT office has mail order forms to purchase Ringling Bros, Barnum and Bailey tickets for \$2.00 less for specific performances. Pick up the mail order forms at the ITT Office, Bldg. 385.

Discount tickets to tennis championships

Are available at the ITT Office, Bldg. 385, for the tennis matches scheduled for Sep. 17-22 at the Cow Palace. Discounts offered are \$1.00 and \$4.00 depending on seat location. Discount forms are available at the ITT Office, Bldg. 385, ext 3992. Hours of operation are Mon-Fri, 11:30 a.m. - 1 p.m. and 2 p.m. to 5:30 p.m.

... the write stuff ...

by Richard Wetzel

Some days, you just can't win...Now and again, I find myself scratching my head and begging for any ideas and information to put in the "stuff." And usually it's the same week my editor tells me that it's been a slow news week (???????) and that I should make the "stuff" as long as possible. That's when I ad lib and talk in circles and ad lib and talk in circles (I guess it's a habit, I'm doing it again)...Then, when my desk is overflowing with entertaining ideas, I'm told the space is tight and to keep the writing short and to the point.....well Liz, I tried...here goes....

If you can pop, lock and moon walk, you may be a \$1,000 richer...A breakdancing contest will be held at the Kezar Pavilion, Saturday, August 25 at 1 p.m....Auditions will be held Aug. 18 at 1 p.m. to determine the best 16 "breakers" who will go on to the finals. Contestants must provide their own music on cassette tape. Registration info, call 558-3601...And, as they say in show biz, "break a leg!"

The public is invited to ride in electric cars in an attempt to set distance records at the Electric Car Rally, Saturday from 9:30 a.m. to 4 p.m. at the

Hyatt Hotel, on Highway 17, Oakland. This event is FREE....A glassblowing demonstration will commence at the Exploratorium, 3601 Lyon Street (just outside of the Marina gate) from 11 a.m. to 5 p.m....Purchase fresh vegetables, fruit, eggs and flowers at bargain prices at the Small Family Farmers Market Sunday at the United Nations Plaza, Market and Leavenworth Streets from 8 a.m. to 2 p.m.....

FOR YOU SPORTS BUFFS....Monday is the last day to enter the 82nd San Francisco Adult Open Tennis Tournament. Sign up at the Golden Gate Park tennis courts, John F. Kennedy and Bowling Green Drives. Call 558-4268 for more info....A free Youth Baseball Clinic, sponsored by the S.F. Giants and Maxwell House will be held at noon Tuesday at the St. Mary's Playground, Murray and Justin Drives in G.G. Park....FREE BASEBALL GAMES: Tonight the Giants tackle the LA Dodgers at 8:05 and Thursday evening the Giants take on the Expos at 7:35 p.m. Both games are at Candlestick Park and are FREE to active duty soldiers by presenting ID cards...

ON POST SPORTS...The Annual Presidio Golf

Tournament is scheduled for Aug. 29. The four-person scramble event is open to all officers, enlisted, civilian and retired members of the Presidio community. Deadline for entry is Aug. 21. Extra entry forms can be obtained from Maj. Begley, Deputy Comptroller....

MUSICAL SNUFF...Mmmm...Me...Me...Mel Tillis will be at the Paul Masson Vineyards (in the hills above Saratoga) with Ray Sawyer (formerly with Dr. Hook) Thursday-Saturday, Aug. 16-19. For concert times and dddddd...directions, call (408) 725-4275.....For you classical fans (that might be you fans with class, but I don't think so) Placido Domingo, the King of operatic Tenors, will be in person at the Record Factory, 3301 Geary Blvd., Saturday afternoon from 12-2 p.m. for an autograph party....Elton John rocks the Cow Palace Aug. 28, at 8 p.m.

The HQ Command Battalion is again looking for plants to spruce up the office. Did one of you brown thumbers kill off the other ones???????

WHEW!!! Maybe next week will be one of those "slow news weeks."

At the movies

Presidio Theater

Aug. 10	Bachelor Party (R)	7 p.m.
Aug. 11	Conan the Destroyer (PG)	7 p.m.
Aug. 12	Conan the Destroyer (PG)	2 & 7 p.m.
Aug. 13	Conan the Destroyer (PG)	7 p.m.
Aug. 14	Making the Grade (R)	7 p.m.

Aug. 15	Top Secret (PG)	7 p.m.
Aug. 16	Top Secret (PG)	7 p.m.

Schwartz Theater

Aug. 13	Bachelor Party (R)	7 p.m.
Aug. 15	Conan the Destroyer (PG)	7 p.m.
Aug. 16	Making the Grade (R)	7 p.m.

Sports

PSF Post softball championship

LAMC A Team, the 1985 Intramural Champions, with a 21 win and no loss record, will lead the top 12 teams in the Intramural League into the Presidio Post Softball Championship August 9 - 15. All games will be played at Fort Scott softball fields.

The undefeated A team will be led by the big bats of Tony Bovastro, Joel Smith and Rich Harding.

Oakland Army Base with 19 wins and 2 losses will be out to avenge their recent loss to the Intramural Champions. Dark horses in the post championship will be Red Cross (17-4) and USACC (16-5).

Follow the tournament bracket and cheer your team to the finals scheduled for August 15 starting at 6 p.m.

Post flag football

People interested in participating on the Post Flag Football Team are urged to attend a meeting on Monday, August 13, starting at 5 p.m. at Post Gym 1.

The team will be competing in the 11th Naval District North, Flag Football League with play commencing in early September.

For further information contact

the Presidio Sports Office at 561-4120/5032.

PSF Post softball standings (as of Aug. 3, 1984)

TEAM	WIN	LOSS
A Team	21	0
OARB	19	2
Red Cross	17	4
6th Army	15	5
USACC	16	5
Attorneys	15	6
864th	15	6
USAG	13	8
LEC	13	8
Doctors	12	8
G Co, DLI	10	11
LAMC 2	9	11
LAIR 1	9	12
DEH	9	12
H Co, DLI	8	13
MSC	7	13
4 Seasons	6	15
FBI	6	15
6th Army Band	4	15
LAIR 2	1	20
VIGILANTES		OUT

Olympic Club

The Olympic Club of San Francisco will sponsor the annual Jim Corbett Invitational Boxing Show on Wednesday, Sep. 26. Over the past three years of the Presidio Boxing Team has participated and been the prevailing team champions in this annual event.

Interested boxing team candidates should report to coach Ray



Mey at building 1152, Post Gym -2 on Monday, Aug. 13. at 4:30. Coach Mey can be reached at 561-5051 for more information.

1985 intramural bowling league

Units/Activities interested in participating in the 1984-85 Intramural Bowling League are urged to attend an organizational meeting on Sep. 4 starting at 1 p.m. at Presidio Bowling Center. Teams must have a representative at this meeting to secure a position in the league. For further information contact the Presidio Sports Office, 561-4120/5032.

Presidio male officers & civilians bowling league

An organizational meeting will be held on Aug. 30 at 4:30 p.m. at the Presidio Officers Club to discuss plans and schedules for the coming bowling season. All persons desiring to enter a team are encouraged to attend. Individuals who would like to bowl will be placed on a team. For further information call Mary Schuster at 561-5057/5155.

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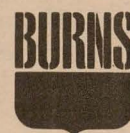
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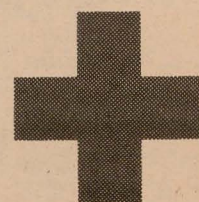
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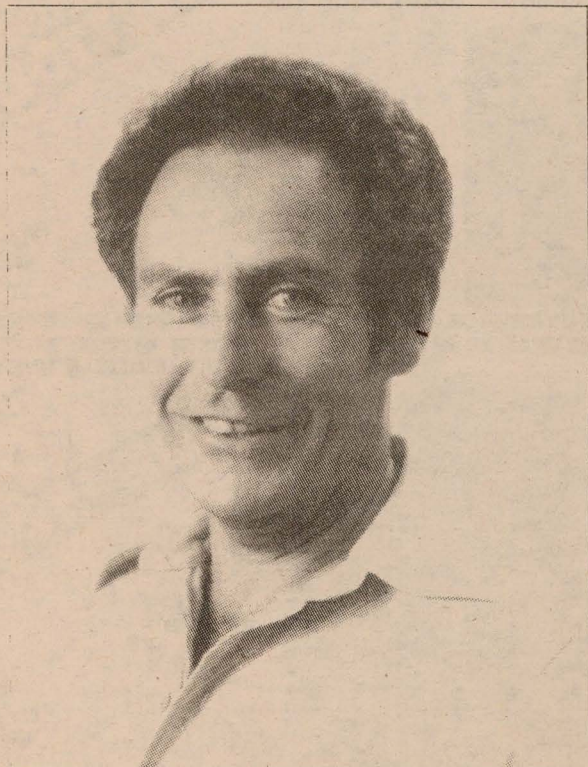
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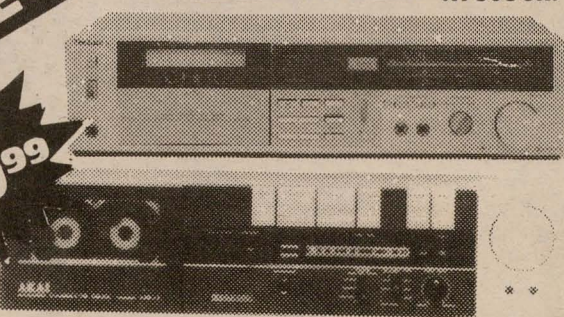
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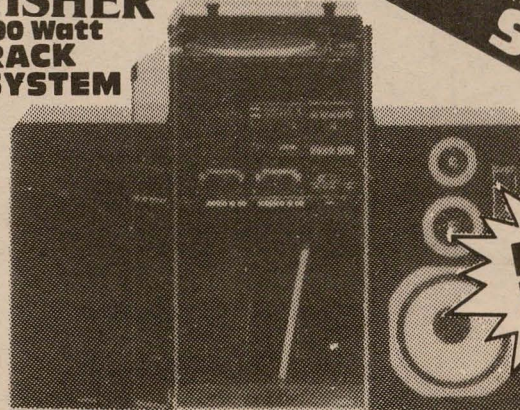
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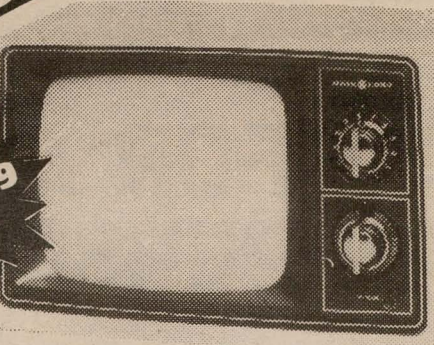
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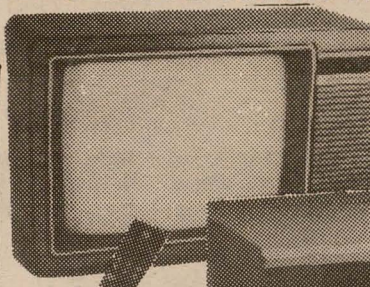
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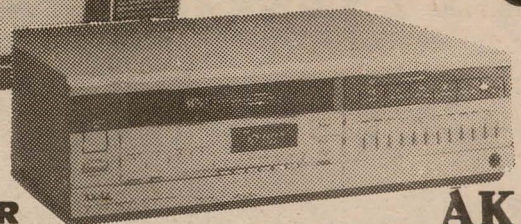
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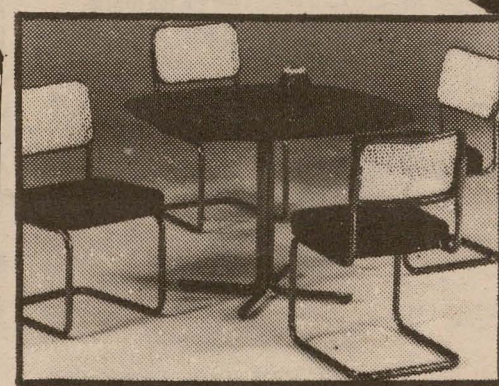
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No one cried...
a wrenching story and
message of hope / **page 3**



Wild blue yonder:
come fly with the HAAF
flight det. / **pages 6&7**

The Indian headdress:
who holds the key to
the mystery? / **page 8**

Star Presidian

Vol. 27, No. 32

"Published in the interest of the people of the Presidio of San Francisco."

August 17, 1984

News briefs

Blood drive

The quarterly blood drive will be held Tuesday at the NCO Club and Thursday at the Log Cabin from 8 a.m. to 2 p.m. both days. Donors are urgently needed due to the recent shortage of blood. For further information call Ruthie Adams at 561-4516.

S.F. Marathon

On Sunday, the eighth annual San Francisco Marathon will be run. Beginning at Golden Gate Park at 8 a.m., a field limited to 10,000 runners will wind through the city and, for miles 17 through 19, run through the Crissy Field area to Fort Point en route to the finish line at City Hall.

Anyone interested in participating should pick up an information pamphlet at the Marathon office, 1233 Taraval Street, or contact Pamakid Runners at 681-2322. The registration fee of \$15 will provide each runner a spectator guide, a marathon cap, a race T-shirt, a commemorative certificate and medal and assorted refreshments.

Spectators are encouraged to watch this very colorful event. Runners are expected in the Crissy Field area between 9:30 a.m. and noon the day of the race. People not interested in viewing the marathon are advised to avoid the Crissy Field area that morning. As an added attraction, two hot-air balloons from "Airborne of Sonoma" will be inflated and tethered between old and new Mason Streets, near the Promenade.

Cub Scouts

The Presidio scouting programs will have registration sign-ups on September 5. Cub Scouts and Boy Scouts will sign up in bldg. 565 across the street from the Girl Scout House on Puger Street. Girl Scouts will sign up in the Girl Scout House (bldg. 566). Hours for sign up will be from 6:30 to 8:30 p.m.

Position Management workshop

The Civilian Personnel Office will hold a workshop on November 14 exclusively for managers and supervisors (second level and higher or equivalent) who have been delegated position management responsibility and authority over a number of employees, i.e., those with authority to design positions and change organizational position structures. The workshop will be held from 8 a.m. to 4:15 p.m. in the Training Room, bldg. 37.

Please submit your written nominations early to Training and Development Branch, ext. 2554, to reserve space. Class size will be limited to 24, and advance reading assignments are required.



James Natividad removes transmission parts for repair.

photo by Gilbert Garza

The few, the proud, the summer hires

by Liz Greeley

Pik...Pik...Pik...Pok Pok Pok...Tommy C. Sa, age 15, pauses as he revises a document on the word processor for the Directorate of Plans, Training and Security (DPTSEC) Training Division. Tommy is one of several outstanding employees working here under the Summer Youth Employment and Training Program.

Not far away another young man, James Natividad, age 18, prepares to remove the transmission from a 5-ton truck at the Motor Pool. Though he's never worked on a transmission before, he's eager for the experience and feels up to the challenge. His boss, maintenance foreman Nolen Kelton, has faith in Jimmy's abilities. Jimmy is a member of the Summer Youth Program, too.

And Lang Kim Ing, age 17, selects a diskette and begins updating the Master Calendar of Events on the office word processor for the Presidio Public Affairs Office.

Each of these young people are members of the Summer Youth Employment and Training Program and each has been singled out by their supervisor as an exceptional worker.

What else do they have in common?

Each supervisor described his worker as quick to learn, cooperative, diligent, hard-working, conscientious and one who takes the initiative in finding more work once a job is finished.

On the other hand, each is very much an individual—like Tommy Sa, for instance.

Tommy plans to go on to college and possibly major in business computers, though he says, "I might do well in engineering."

Sa has his own personal computer and plans to add a printer with part of his summer profits. He also has an interest in languages and will take French during the next semester.

One thing all three seem to have in common is the way they feel about their immediate supervisors.

Sa works for SFC Alexander Smith III, NCOIC of DPTSEC Training Division. A large man with a ready smile, Sa said of him, "He's very nice and he gives me a lot of help."

Lang Kim Ing seems to feel the same way about SFC T.R. Weller, public affairs supervisor for the Presidio Public Affairs Office.

"Mister T.R. is very nice and he helps me a lot," Ing said.

About her other co-workers, she said shyly, "They are very kind."

Ing left her home in Kampot, Cambodia five years ago and came to the United States two years ago. Of her career plans, Ing says, "I would like to be a businesswoman—working in offices."

Finding office work shouldn't be too difficult for Ing, since her typing skill keeps her frequently returning for more work, according to Weller.

And then there's James Natividad. Nolen Kelton gets a twinkle in his clear, blue eyes when he talks about Jimmy, as they call him at the Motor Pool. It's the sort of twinkle a man gets when he talks about his favorite son. What impressed him was the young man himself, as much as his work.

And Natividad is a great worker—he showed the same degree of skill in finishing new tasks that a seasoned mechanic might, according to Kelton.

In recognition of that skill, Natividad is scheduled to receive a letter of appreciation today for his work as automotive mechanic's helper. The letter reads in part, "I think I echo the sentiments of all the maintenance personnel when I say that it has been our pleasure to have possessed an employee of your caliber and expertise."

Always helpful, always eager for more work and more responsibility, Jimmy Natividad, like Tommy Sa and Lang Ing earned a special kind of respect from their colleagues in one all-too-short summer.

Opinions

TAKE A BITE OUT OF CRIME

Most likely to be abused

by Bernard V. Cannon

Since the beginning of the year, Presidio has had 13 reported domestic disturbances. When Military Police respond to a domestic disturbance, it's like entering a volcano; a violent eruption can occur at any time.

The family is regarded by society as a place of love, harmony and privacy. The fact of the matter is, the family can be the first place where violence and abuse are learned. Because family matters are regarded as private, people are reluctant to report family violence. When violence exists in the family, it's not a private matter; society is also at risk, in that when it gets out of hand, it can endanger neighbors, police and co-workers.

Within the family, wives and children are the most likely to suffer from abuse.

U.S. statistics reveal some 2,000 to 4,000 women are *beaten to death* annually. Battery is also the single major cause of injury to women, more significant than auto accidents, rape or muggings. Women who kill are seven times more likely to be motivated by self-defense.

Any woman, regardless of class or race, can become a battered wife. If the woman does not leave or seek help after the first episode, it can be taken as a sign of acceptance, which will lead to more violence and the potential of serious injury.

Not all domestic disturbances involve wife battering. All married couples will at times needle each other, there will be some shouting, then either one or both partners will back off. Yet

some husbands are unable to control their rage and are compelled to strike out at their wives, which becomes a habit and grows more violent. The same childish acts in the workplace or with the "boys," would cause serious consequences.

Theories: Why do some husbands become batterers?

Theory A: The Resource Imbalance Theory states the husband who earns less, is less educated, or less intelligent than his wife, may batter to maintain his self-esteem or power in the family.

Theory B: The Tatum Upset Theory says that the batterer is typically dependent, insecure about his masculinity on the inside, but has a "macho" stance on the outside. He finds a woman who enjoys being nurturant and willingly functions in a "Mother" role towards him. But if there is an upset (e.g., late dinner), he expresses his frustration through battering.

Wife battering

Sometimes Christian Scripture-based directives on marriage are misinterpreted by wives who read that they must "submit" to their husbands. Unfortunately, this idea has occasionally been interpreted to mean that wives and children must submit to abuse from husbands and fathers. This concept has historically protected wife batterers.

Who is your typical wife batterer? Often he is the model of respectability outside the home. But in the privacy of his marriage, Dr. Jekyll turns into Mr. Hyde, who rarely seeks help or talks about his problem, but tends to blame his wife. Some batterers were abused as children; some are loners, others are charmers with many friends. Alcohol abuse is possible, but an over-rated factor. Some batter for emotional compensation. Doctors have compared the tantrums of a wife batterer to a narcissistic child, in that small children bite when angry and

many battered women who visit hospitals display teeth marks on their bodies.

Wife battering has its cycles which are as follows: the tension-building phase, the acute battering phase, followed by the love and make-up phase. Many battered wives still love their husbands, some feel they are to blame, but all hope the relationship will improve and the beatings will stop.

Getting help

Many women stay in violent relationships for a variety of reasons: fear, emotional dependency, concern for the children, feelings of shame, and lack of economic resources. Deep down, wife batterers are afraid of losing their wives. It is evident that both the batterer and his victim have serious problems, but until either party seeks professional help, or the next battering cycle comes to the attention of the police, the family is living inside a volcano.

Today, in most states, wife battering laws have been tightened resulting in higher conviction rates. In the military, such behavior is inappropriate and unacceptable.

Should you know of such incidents, call Lt. Col. St. Pierre at 561-2174 at LAMC Social Work Service. He will discuss the matter in *strictest confidence* with you.

When battering is in progress, call you Presidio Military Police at 561-2251/2252 and report it. Your concern could save a life, it will certainly prevent suffering and will result in professional counseling for a family in need.

Wives who are discovering that you are being beaten regularly by your husbands, don't take it!

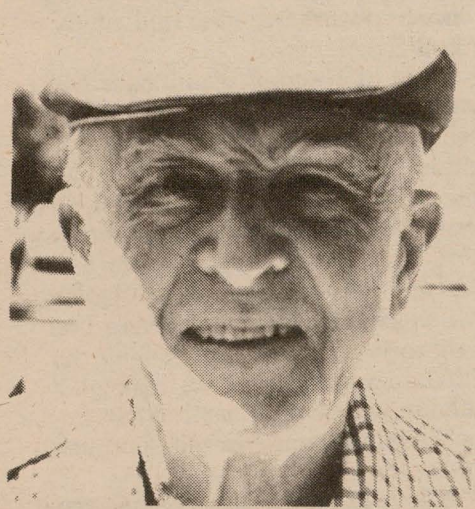
Your sources of help are:

- Lt. Col. St. Pierre (561-2174)
- Military Police (561-2251/2252)
- Your husband's commander.
- The Chaplain's office (561-4719)

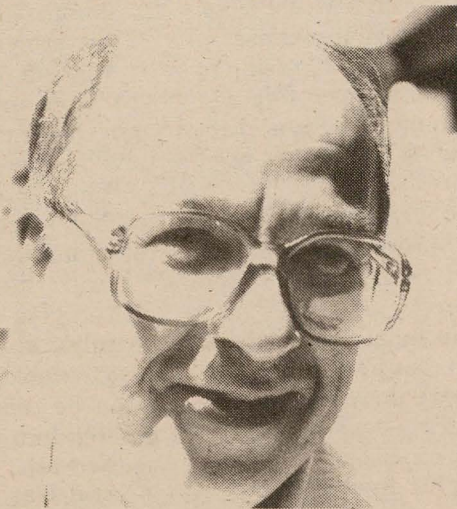
End the cycle of abuse NOW. All you have to do is take that first step.

Ramblin' Sam

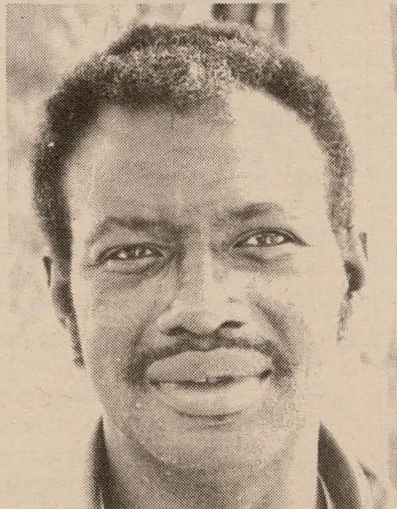
"Has the Army changed since you retired? How?"



Lt. Col. Edwin W. Casey, retired chaplain: "The uniform has changed. The older uniform was better and dressier even though both were work uniforms. The equipment today is very much better."



Lt. Col. Hoyt Livingston, retired: "Yes, the Army has changed since I retired in 1968. It went down as a result of the Vietnam War. I just returned from Europe, however, and the Army hasn't looked better than it does now. I'm proud of all the services, the Army in particular. I have a lot of pride in the Army."



SFC Lester James, retired: "Oh, yes, from what I can see, it seems like the men are determined to grasp what the Army is all about. They have newer and better facilities. They don't have the idle time on post that they did when I was stationed at Ft. Baker."



Col. Ken Erickson, retired 6th Army: "I've always been proud of the Army. The last few years under the President, we've gotten on the right track with the Army to defend the country."

The Star Presidian is published weekly by Coast Publishing as a civilian enterprise in the interest of the military and civilian personnel at the Presidio of San Francisco, California.

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U.S. Army photo

NO ONE CRIED...

by Anne Sorensen

I don't remember the day, month or hour that doom came to live in our household. I only knew that one day it was there like the musty smell in the closets, silent and oppressive.

Fear brought it; fear of my father when he was drinking. And he drank a lot. We all had that fear in one degree or another, my mother, brother and sister.

For me, fear really took hold one winter night when I was 10 or 11. I was sitting at one end of the livingroom couch; my mother at the other. We sat looking at the gas heater flames, I suppose. Daddy stared straight ahead with red, blood-shot eyes and a shot glass of whiskey and cola in his hand.

The next instant he was strangling mother. He had her throat between his powerful, dark hands and squeezed. Her throat was turning red.

I looked up into Daddy's eyes, my daddy's eyes. His brilliant, icy blue eyes were glassed over as he looked at some point far away that only he could see. He did not see my mother.

The veins stood out on her throat. I looked at her face. There was an expression of pain on her reddened face; her eyes were closed.

She had raised her right hand as if to ward off the sudden attack...but she never touched him. Instead, her hand slowly went limp like a wilting flower.

"She's dead," I thought.

Still staring at some point in the distance, he let her go.

She was still alive.

Then he went back to his chair and sat down—without a word.

To my knowledge, he never remembered the incident.

He kept drinking.

I lived in terror from that day on because I knew that one day he pro-

When a friend drinks....

by Skip Przybyla

Many of us know a family member, friend or co-worker who shows signs of having a problem with alcohol. What should we do about it?

First we must understand that drinking too much, or alcohol abuse, may be a symptom of serious physical, emotional, family or other personal problems. Alcoholism, which is frequently the result of abuse, is a treatable illness with a good recovery rate for those who get the treatment they need. The sooner they get help, the better the chances of recovery.

Second, if you are close to someone with a drinking problem, do not hesitate to talk to him or her

about it. Don't be afraid to get involved. You may have to risk that the problem drinker will get angry with you, but in the long run he or she will know you cared enough to intervene.

Third, we must also understand that without the intervention the problem will get worse.

Professional help is available at the Presidio Alcohol and Drug Assistance Program and many other agencies in the Bay Area. If you would like more information about services available to family members, friends and problem drinkers, please give us a call at 561-2528 or 561-5446.

All inquiries will be considered strictly confidential.

bably would kill one of us. So I lived with fear; I ate, slept and drank with it...and it never lessened.

How dangerous he could be, and how cruel...

How many times did I walk through the house and catch a glimpse of him hitting my mother as he passed her in the kitchen? (She had just had surgery and he always aimed for the sutures). When she complained, he just said, "Oh, that was just a 'love tap'."

Imagine the kind of 'love tap' a 200-pound ex-heavyweight boxer could deliver with his fist; he had been a fighter before joining the Navy.

Then there was the mid-summer's day he attacked my 10-year-old brother, strangling him until he cried. Like the first time, the images burned into my brain as if etched there in acid.

And he kept drinking, and drinking...

One summer day he got mad at my favorite pet. So he took her outside and bashed her skull in with a hammer.

It went on and on. It was like living in the middle of a tragic play, yet scream and yell as I might, I couldn't warn the players of the impending disaster. I did try to warn them.

Finally on spring morning, my mother came and said, "Jim is dead. He died in a car accident last night."

"It's over," I thought, "it's finally over."

I was relieved. Suddenly a 2,000-pound weight fell from my shoulders. No more whispering, no more terror, no more fear, no more hovering doom.

He had died on a lonely stretch of straight highway sometime after

midnight on Easter Sunday. I was 15; my brother 13.

They said he died instantly of a broken neck. They also said he had enough alcohol in his blood to kill an ordinary man.

I wasn't sorry he died. No, I wasn't glad, but I wasn't sorry either. I didn't love him and hadn't since I was 12.

Children want to love their parents and they try against almost inhuman odds sometimes—but sometimes they fail, like I failed. Like my father failed me.

But I've told you all this for a reason. There are other daughters and sons and fathers and mothers for whom it might not be too late. There are those who still have a chance to change their lives before it's too late.

Could you be one of them?

Do you like to relax and drink on the weekend? Has it become an every weekend thing?

Has weekend drinking begun to slide into Monday morning 'flu'?

Does it seem like everyone is on your case—even your family?

Do your children and spouse avoid you when you're drinking?

Do you hide bottles around the house?

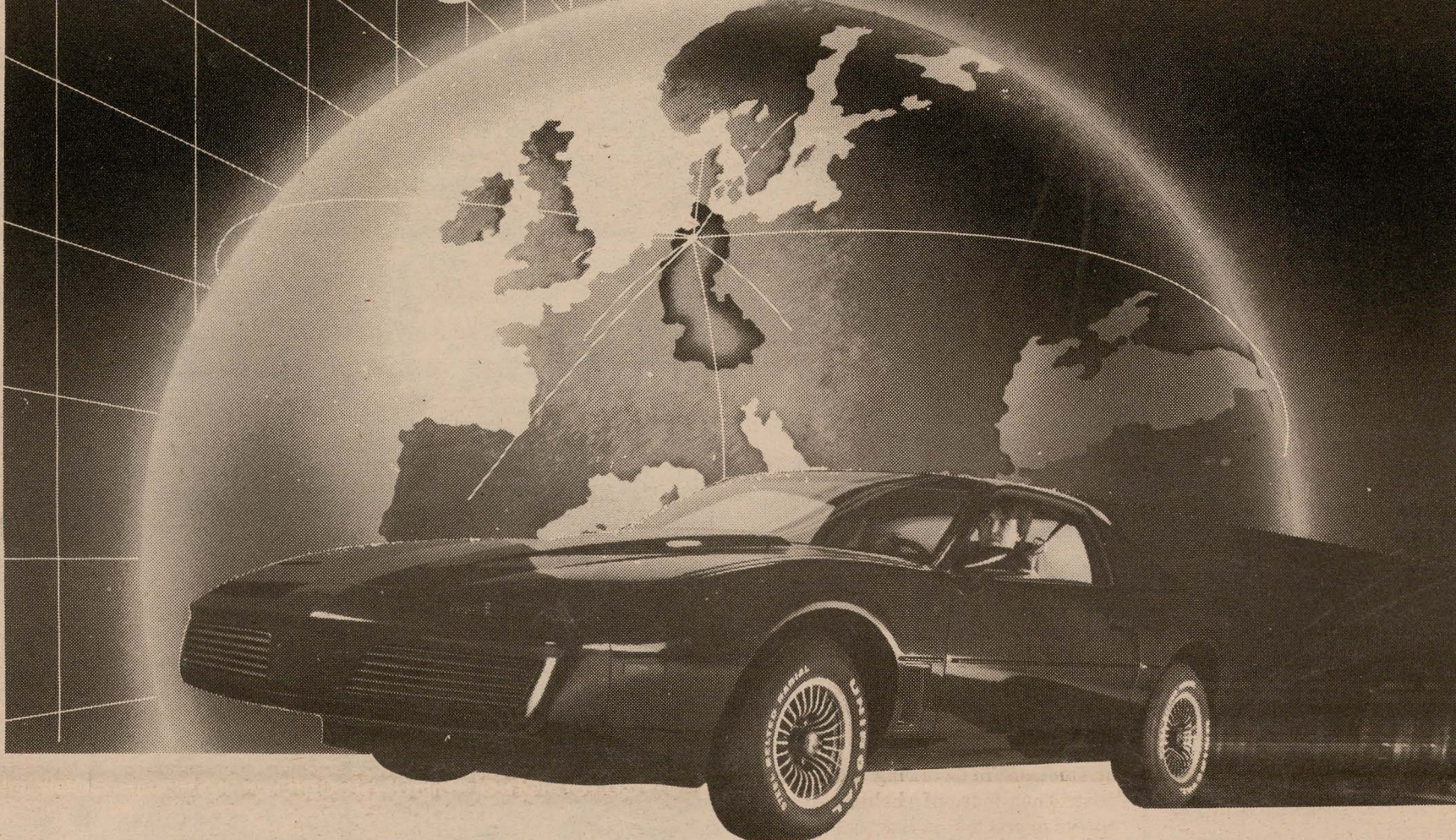
Have you ever promised to quit drinking...and couldn't?

If, deep down inside, you know that any one of these statements is true, get help NOW. Don't just sit there and say, "Sure I drink, but I'm not an alcoholic!" Call your Alcohol and Drug Control Officer now. He won't sit in judgment—he knows where you've been.

Don't let there be another funeral where no one cries.

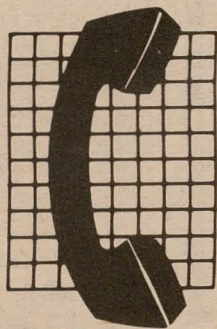
(Editor's Note: Anne Sorensen is a pen name for a civilian Army journalist who wishes to remain anonymous.)

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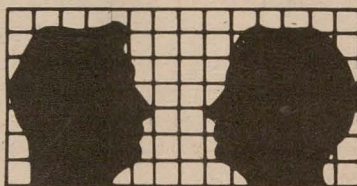
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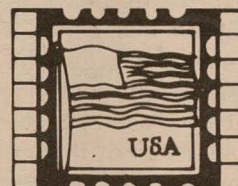
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ACS marks 19 years community service

BY Bob Walker

Army Community Services (ACS) celebrated its 19th birthday July 25. ACS has played an important role in helping soldiers and their family members.

ACS chief, David Ciechanowski said, "ACS was established on July 25, 1965 to develop solutions to family problems due to the Vietnam build-up. 'The Army taking care of its own' was the theme and still is today."

In the beginning, ACS was started to reduce the workload on commanders, caused by soldiers' domestic problems. Commanders were spending considerable amounts of time working out family problems.

Presidio ACS was started by Marge Hills who at the time was President of the Presidio Women's Club. She called a meeting in September 1965 because she was interested in working with the program. The original ACS volunteer group consisted of soldiers' wives from Ft. Mason, Oakland Army Terminal, Ft. Baker and Presidio. Ft. Mason and the Oakland Army Terminal later established their own ACS. Hills still finds time to work at ACS as a volunteer, among her many other volunteer activities.

In October of 1966, Mary Schuster became an ACS volunteer, leaving the Thrift Shop. Schuster still works full-time at ACS, now as the volunteer supervisor. There are now two assistant supervisors, Charlotte Pierce and Pam Fischer. Schuster said, "They have their hands full all the time; the workload never ends. If we can believe what we hear with new programs, we've hardly begun!"

Over the years, ACS has handled large responsibilities, like Operation Baby Lift. Operation Baby Lift flew Vietnamese orphans to the Presidio in April and May of 1975 and ACS provided constant care, helping with medical attention for the children. It was a 24-hour operation headed by

ACS which coordinated help from off-post groups.

Today the Presidio ACS has many services available to the Presidio community. They offer consumer education, financial planning, debt liquidation counseling and Chapter 13 information, Army Emergency Relief Loans, food stamp eligibility pre-screening assistance and interpreters to foreign-born family members.

They keep information on posts around the world and have the loan closet. They distribute the post newspaper, weekly bulletin and flyers. They also have information on public and private schools, offer help to retired military families, counsel widows of active duty and retired soldiers and give welcome packets to new arrivals. They even have a list of people who clean quarters for a fee. And there are several new programs being started to further support the "Army Family."

Ciechanowski said, "We couldn't function without volunteers. We wouldn't have enough impact or accomplish enough to make it worth the government's money spent on the program. Services wouldn't be there, consequently the soldiers' morale wouldn't be there."

Schuster explained that her satisfaction in working at ACS is "just the fact of helping people resolve problems. It isn't the pay, nor the raises; in fact it costs us an arm and a leg a lot of the time."

What is it like to be a volunteer supervisor at ACS?

Schuster said, "With 85,000 conversations going on at once it's like trying to work in the middle of Grand Central Station. We are busy all the time—people are always asking questions. We never have any privacy in our office since the door was removed. It's never dull here."

With all of the activity going on, Schuster said, "I wouldn't miss all of the fun here for all of the tea in China! We have a lot of fun here, otherwise we'd go crazy."

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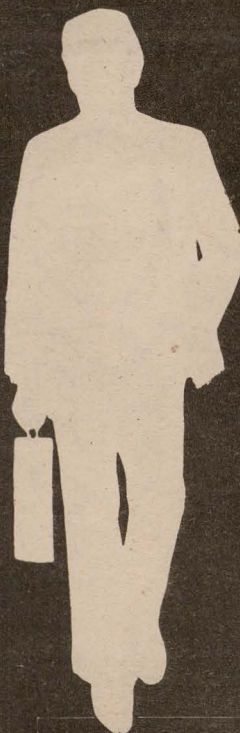
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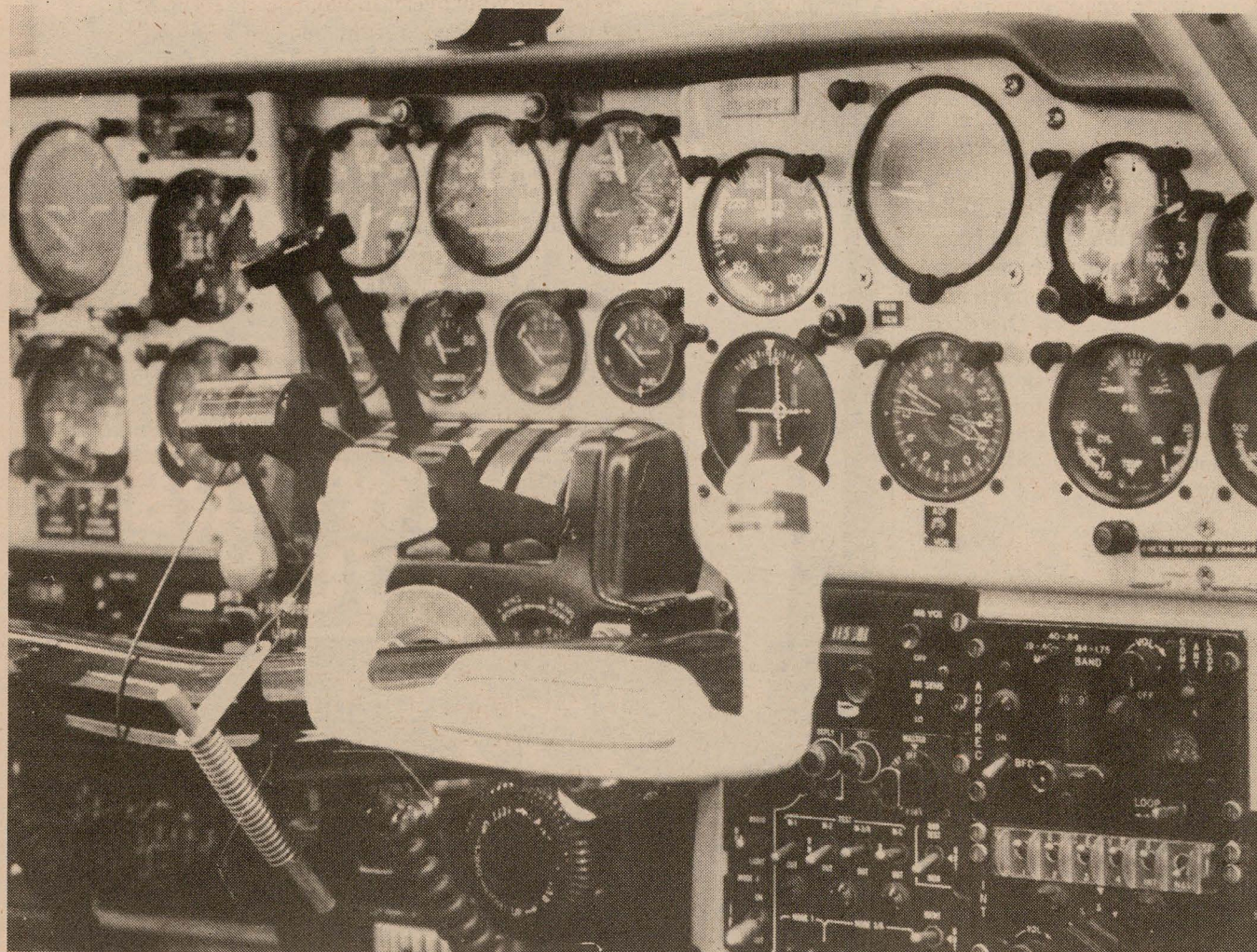
Lt. Fern

"PUNT!" WHADDA YA
MEAN,.... "PUNT?"





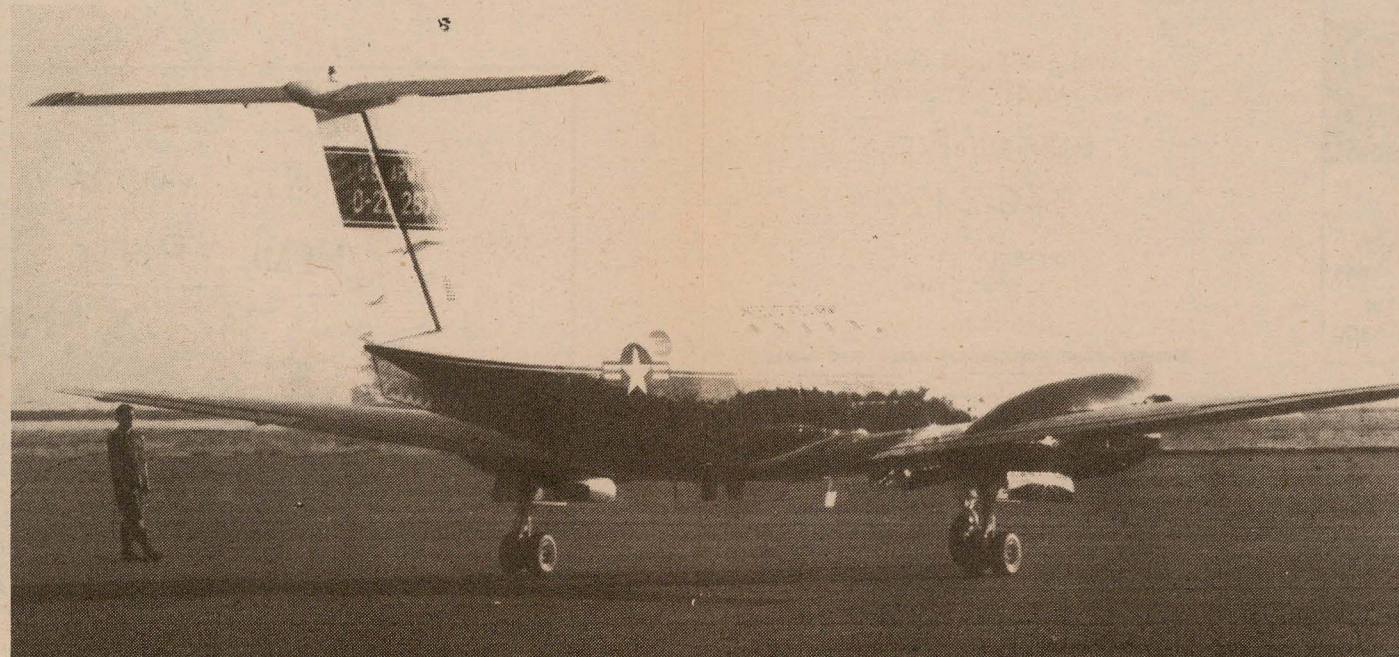
Looking out the starboard side...



Aviation is easy—all a pilot has to do is learn every knob, light, switch, dial, button, lever and gauge on the instrument panel!



Major Morris P. Williams, Aviation Division (DPTSEC), detachment commander, checks radio frequency as he co-pilots a C-12.



A C-12 taxis to passenger loading area.

Wild blue yonder!

Aviation Det. keeps 'em flying

story and photos by Pat Barham

"ARMY Triple-two-six-seven (22267), this is Oakland Center, descend and maintain one-seven thousand (17,000) Roger! Triple-two-six-seven, one-seven thousand."

Flight—"the act, manner, or power of flying." It's something that everyone has thought about at one time or another. But for members of the Aviation Division (DPTSEC), Hamilton Army Airfield (HAAF) at Hamilton AFB, Calif., it's a way of life.

Their average day begins long before most people wake up in the morning. The maintenance and aircraft crews begin work at 5:30 a.m. with pre-flight inspections and function checks preparing the aircraft for flight. According to SSgt. Bryan P. Spaur, senior aircraft maintenance NCO for the detachment, "There are several types of aircraft within the unit. We have two UH-1 helicopters and two C-12 and one U-21 airplanes. If a flight is scheduled for the day, the maintenance crews must be here at least two hours before takeoff to get the aircraft ready. It takes a lot of hard work and long hours. We're not eight to five workers."

The operations section is tasked with scheduling flights, making arrangements for fuel, scheduling pilots to fly and many other things which keep the day-to-day operations going within the small unit.

According to Maj. Morris P. Williams, detachment commander, "A lot of people think that the job we do is exciting or glamorous, but the truth is, it isn't. A lot of hard work is done by the whole detachment, not just the pilots, to make the overall operation and missions we have successful. The basic mechanics of flying can be learned by almost anyone, but there are many other functions within the unit which are more complicated than just flying."

The basic mission of the detachment is to

provide aviation support to Sixth Army and tenant units. Williams said, "I can fly both fixed-wing and rotary-wing aircraft. We [the detachment] fly about 2,500 hours a year in all of the aircraft—that's flight time; the actual time that we are flying and that's a lot of time behind the controls." There are some bennies to flying but Williams said, "...the long hours away from your family and friends and the time spent working (not just flying) often outweighs the thought of the job being glamorous."

Spaur said, "For every hour of flight in a fixed-wing aircraft there has to be one hour of maintenance performed. For every hour if flight in a rotary wing aircraft, three hours are required for maintenance. This means that there is always a lot of work to be done when the aircraft is on the ground and we do it."

According to Marv Radloff, an Army civilian standardization flight instructor from Fort Rucker, Alabama, "The detachment just received its annual aviation resources management survey (ARMS). The unit did well in their flying skills but they also did well in all of their other areas like maintenance, etc."

According to Maj. Patrick F. Kelly, Sixth Army Aviation, "When you sit for three or four hours with an inspector during a check flight, and all the time you know he is watching your every move, the thought of a glamorous job goes right out the window."

Kelly said, "...keeping up with all the changes and new equipment, procedures and new ideas in aviation is the tough part, not the actual flying."

"It's a tough job but someone has to do it," said Williams, "you wouldn't do something for long that you didn't like and at the shop we all like aviation and flying, and that makes it all worthwhile."



A mechanic gets in position to pull a UH-1 onto the flightline.

Feature

The unsolved mystery of the Indian headdress

by Bob Walker

Normally a Cub Scout pack has the usual activities associated with such a group of boys, but the Presidio cubs have a mystery about them noticable only within the walls of their meeting place.

Conspicuous upon entering their confines is an honest-to-goodness authentic American Indian headdress in a display case.

The plaque in the case reads: Presented to Lt. Gen. Frederic J. Brown as Chief Eagle Wing by the Blackfeet of Montana in appreciation of support by the U.S. Army.

Lt. Gen. Frederic J. Brown as the commanding general of Sixth U.S. Army from August 1963 through July of 1965.

That's where the mystery begins!

Why did the Blackfeet present the Sixth Army commanding general (CG) with a headdress? What significant support did Sixth Army give to the Blackfeet at the time?

The Sixth Army Public Affairs Office didn't have the answers. There were able to determine when Brown commanded Sixth Army and suggested contacting Sixth Army Protocol. Protocol came up with a Maj. Gen. Frederic J. Brown, Jr. who is at Fort Knox, Ky.

A call to Ft. Knox resulted in no answers either, even though Maj. Gen. Frederic J. Brown III stationed there is in fact the son of that Sixth Army CG. He simply couldn't recall such an honor happening. He was a major about the time the presentation was made.

Other calls netted the same results. No one seems to remember the occasion.

Putting these questions aside, how did the cub



scouts get the headdress? Did the CG give it to the cubs? Did he have a grandson who was in the cubs at the time? Or, did the CG have fond memories of cub scouting himself?

Maybe the Sixth Army CG remembered the fun of making Indian drums as a cub, as the cubs still do today.

Maybe he remembered the fun of camping and

being with other boys his own age.

As 10-year-old Bobby Box said, "Now that I'm going into Webelos I'll be camping more. I like camping and all the other kinds of outings."

As Sharon Box, membership chairman said, "The boys learn to get along with other children."

Maybe that's what the CG remembered from his scouting days...

Possibly 10-year-old Michael Danley's feelings provide some insight. He said, "I like the crafts. Sometimes we go on campouts; the campouts are neat. Sometimes we go on hikes, I like that!" Or maybe it's the feeling of achievement of making it through all of the requirements to progress from

Bobcat, to Wolf, to Bear, and into Webelos as expressed by Michael.

Maybe the CG simply enjoyed the den meetings with the games, awards, and education as alluded by 8-year-old Joshua McPherson.

Whatever the Sixth Army CG saw in the scouting program, the Presidio cubs are thankful for the addition of the Indian headdress which adds excitement and realism to the program.

Yet the mystery surrounding the headdress remains. Sphinx-like, it remains mute, yielding few answers to the riddle of its presence at Cub Scout Pack 77.

Does anyone have the answer to the mystery of the Indian headdress?

(Editor's Note: The Star Presidian would like to help the Cub Scouts find the answer to this mystery. If you know anything about the headdress or Lt. Gen. Frederic J. Brown, please call us at 561-3908.)

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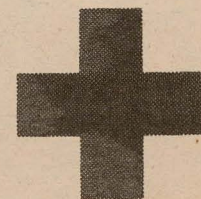
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Community Calendar

Sibling preparation class

The Obstetrics and Pediatrics departments of LAMC are offering a new Sibling Preparation class as part of their prenatal series for expectant parents.

According to Maj. Margaret Nelson, ANC, head nurse of the Pediatric Clinic, "this class will be directed to the young child, ages three to five, who will be the sister or brother to the expected infant."

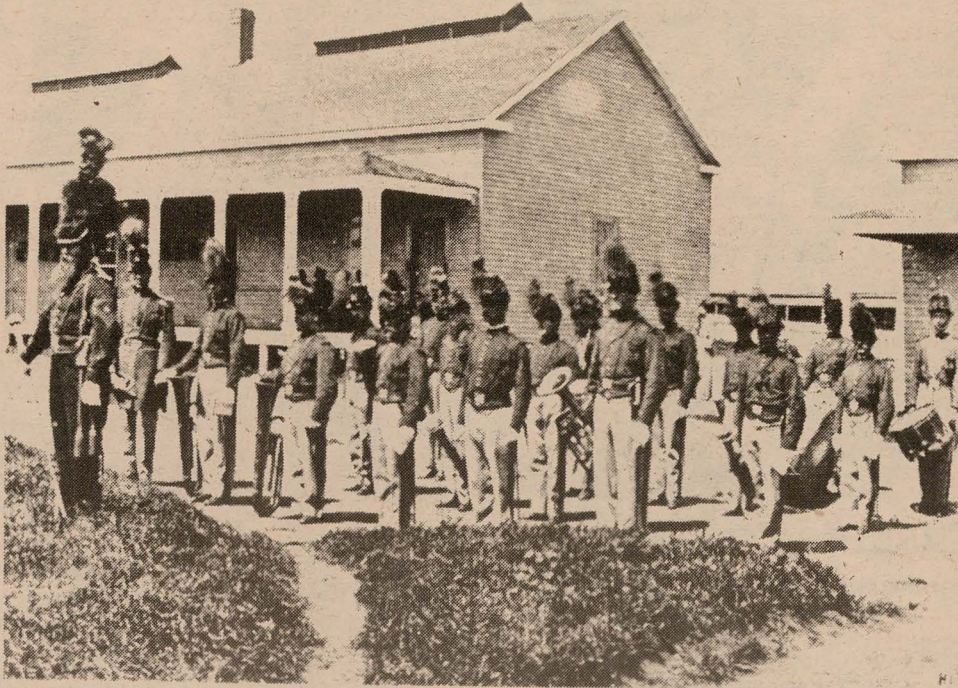
The first class will be held August 30, at 7 p.m. Pre-registration is required. "Included in the hour and a half long class will be a tour of LAMC's maternity unit, 'Where does Mommy go?', as well as addressing briefly the feelings experienced as a result of the arrival of a new baby," Nelson explained. "Basic 'helping' skills such as holding and feeding the baby will also be covered," she added.

Concurrent with the children's class, the parents will have a discussion of what to expect and how to handle sibling rivalry. Children will meet in Room 355, parents in Room 358.

For more information call Nelson at the Pediatric Clinic, 561-3202.

Free evenings at the deYoung museum

All galleries in the deYoung Museum in Golden Gate Park will be open free from 5 to 9 p.m. on August 22 and docents will be available to



Historic photo

Army bandmen from bygone era stand at attention.

U.S. Army photo

answer questions. Light refreshments will be on sale in the Cafe deYoung and the Museum Bookshop will be open until 8 p.m.

At 7 p.m. Wanda Corn of Stanford University will give a talk entitled, *Return of the Native: American Folk Art*.

American Folk Art will be followed by films at 8 p.m. The evening's films, all documentaries, are produced and directed by Bay Area film makers. *Quilts in Women's Lives* (1981), Pat Ferrero; *Grand Prize, American Film Festival, 1981*. *Grandna's Bottle Village* (1982),

Allie Light and Irving Saraf; *Red Ribbon Award, American Film Festival, 1982*. *Chules from Fronteras* (1876), Les Blank.

Remember, every Wednesday evening at the deYoung is free from 5 to 9 p.m. through August 29.

For more information call 750-3624.

Take time for a tour

The Recreation Center offers the following tours for August: *Napa Wine Tour*, Saturday, 10 a.m.-5 p.m., \$5. *Rouge et Noir Cheese Factory*, August 22, 10 a.m.-3 p.m., \$5. *House of Numano Sake Co.*, August 26, 11 a.m.-3 p.m., \$5. Sign up for all tours at the ITT office, bldg. 385 (old Play House) between the hours of 11:30 a.m.-1 p.m.; 2-5:30 p.m., Monday through Wednesday. For more information call 561-3992.

Still time to register

Space is available for people who want to take on-post course from San Francisco State University. Choose from English Composition, beginning Algebra, or Philosophy. Classes begin August 27 and cost \$195 each.

Your education counselor can fill you in on details, including tuition assistance for soldiers. Contact the Ft. Scott Education Center, bldg. 1216, or LAMC Education Center, bldg. 1007.

... the write stuff ...

by Richard Wetzel

Summertime seems to be winding itself down, although my desk calendar shows several weeks left. All the things we looked forward to three months ago have now either left town or blended with history. Most of us have given up the idea of riding on a cable car; riot control training has taken a back seat in most soldiers' memories; while the convention delegates are probably telling the same stories to the same bored friends and relatives. Even the Olympics athletes, having counted all the medals, are probably sleeping in late this week. At least my soap opera is back on at its regular scheduled time. The only real thing we have to look forward to is the upcoming Labor Day Weekend.

Wait a minute. Can it be all that bad? Those who have been here longer than I tell me this is the city that never sleeps, and that include lazy summer afternoon naps.

Oddly enough, the circus is just now coming to town...no, I'm talking about the *real* circus, the kind with elephants, tigers, cotton candy and buffalo chips, (not picket signs, funny hair-do's and a chip on the shoulder). Ringling Bros. and Barnum and Bailey present their best at the Oakland Coliseum Aug. 21-28 and at the Cow

Palace, Aug. 30-Sept. 3...Ticket prices are \$5.50-\$8.50, with all seats reserved. However, if you like saving money, and most of us do, the ITT office has mail-order forms to buy circus tickets for \$2 for specific performances. Stop at the ITT Desk, bldg. 385.

A lot of new movies are being released in San Francisco, but some of the names of these flicks sound like subtitles to other films...i.e., *The Joy of Sex*, *My Night at Maud's*, *The Natural*, *Another Time*, *Another Place*, *Careful*, *He Might Hear You* or *The Philadelphia Experiment*, *Purple Rain*, *Red Dawn*, *The Woman in Red*...you hadn't noticed, huh???

Heeyyyy, it's Vegetable Week...and just in time for the Hayward Zucchini Festival, complete with zucchini cooking contest and cooking exhibitions, even a 10K Zucchini run. Grab your favorite squash, and head over to Kennedy Park on Hesperian Blvd. in Hayward on Saturday, 10 a.m.-5 p.m....The Gravenstein Apple Fair (yeah, I know, an apple is not a veggie, it's too fruity, but that's OK) featuring beekeepers, woolspinners, worm farmers, goat milkers (golly), exhibits and food at Ragle Park in Sebastopol. Take Highway 101 to 116 to Sebastopol...and finally, we have the South San Francisco Art and Wine Festival, with entertainment and, yea, I would presume, lots of

wine. It's going down at Grand Avenue, between Cypress and Walnut Streets, on Saturday...(dig out the map).

Speaking of vegetables, those jolly green Giants will play the New York Mets tonight at 7:30 at Candlestick Park. That's a FREEBIE for those that have green ID cards...tickets are available for the Atlanta Braves game Sept. 8, at which time, Crosby, Stills and Nash will perform on the field. Tickets may be bought at the ITT Office, bldg. 385.

MUSICAL SNUFF...no, contrary to popular belief, I was not one of the 2,000 screaming fans who showed up at Plastered Dominoe's...(oops, I mean Placido Domingo) autograph party. Instead, I was one of 700,000 people who decided to stay in bed....At the Greek Theater in Berkeley: *Eurythmics*, Aug. 24, 25...*The Pretenders*, Sept. 1...*James Taylor* and *Randy Newman* Sept. 9...*Elvis Costello and the Attractions* with *Nick Lowe and his Cowboy Outfit*, Sept. 14...*The Cars* and *Wang Chung*, Aug. 24 at the Cow Palace...*Aerosmith* (remember those guys?) at the Oakland Coliseum Aug. 31.

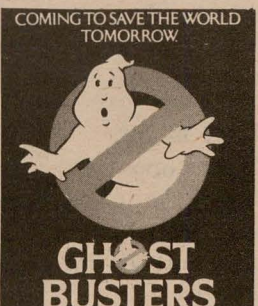
AND NOW FOR SOME REAL FUN...Before the summer gets too close to ending, maybe you ought to dig out those binoculars and take a good look at Baker Beach...

At the movies

Presidio Theater

Aug. 17	Top Secret (PG)	7 p.m.
Aug. 18	Ghostbusters (PG)	7 p.m.
Aug. 19	Ghostbusters (PG)	2 & 7 p.m.
Aug. 20	Ghostbusters (PG)	7 p.m.
Aug. 21	Ghostbusters (PG)	7 p.m.

Aug. 22	Cannonball Run II (PG)	7 p.m.
Aug. 23	Cannonball Run II (PG)	7 p.m.
Schwartz Theater		
Aug. 20	Top Secret (PG)	7 p.m.
Aug. 22	Ghostbusters (PG)	7 p.m.
Aug. 23	Ghostbusters (PG)	7 p.m.



Sports

YA tennis

Youth Activities will be sponsoring a tennis tournament on August 25 and 26 from 9 a.m. to 5 p.m. at the Infantry Terrace and Post Library Courts; for boys and girls ages 8 to 18. Cost of tournament is \$3 and deadline for registration is August 21 at 3 p.m.

Come by the Youth Activities office to sign up (bldg. 122, basement, between 8 a.m. and 4 p.m.)

Post Engineers sharpen their tennis skills

by George Collier

Four men from the Post Engineers meet each day at the tennis courts just opposite the flag and cannon for a serious workout.

These older men all really seem to enjoy the game, and are aggressive to boot.

You can usually complete a set of tennis in much less than an hour, but one set lasted over an hour and the match had to be decided at five games all in the tie-breaker.

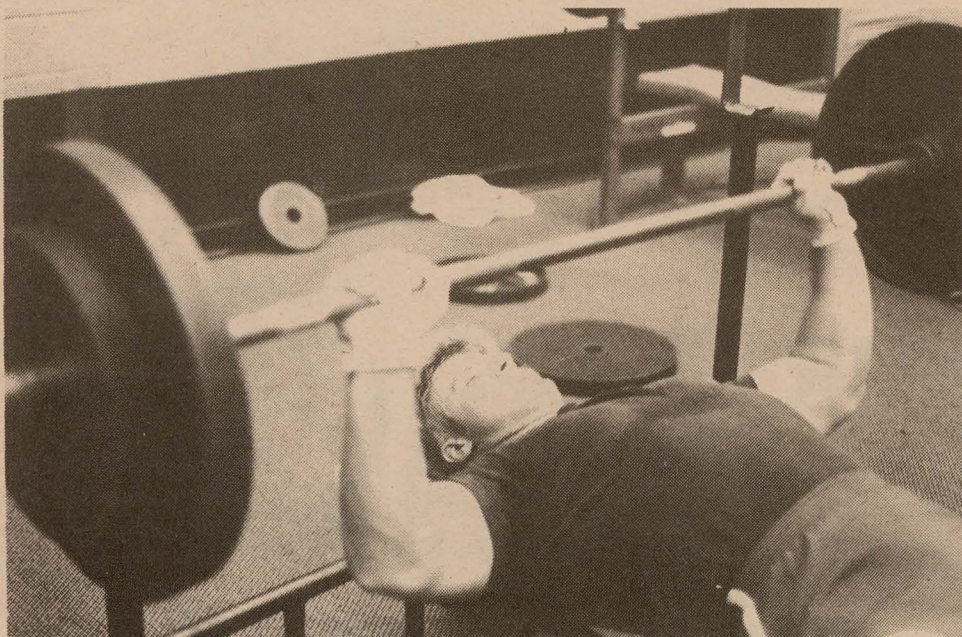


photo by Liz Greeley

Muscular musician

SSgt. Kenneth Lidrbach works out on weights at the main Post Gym when he isn't playing sax for the Sixth Army Band.

The winners (Jim and Don) took the match 7-4 in the tie-breaker. The losing team (John and Collins)

started the match by jumping ahead three games to nothing, but lost their momentum.

PSF Post tennis tourney

The Morale Support Activities Division, Sports Branch, will hold the 1984 Post Tennis Tournament starting September 21. The double elimination competition will be conducted in four divisions as follows:

- Open Division (33 years of age and under)
- Junior Vets Division (34 to 44 years of age)
- Senior Division (45 years of age and over)
- Women's Division (open only)

Tournament is open to all active duty soldiers assigned or attached to the Presidio. For more information call the Presidio Sports Office, 4120/5032.

Intramural flag football

League play begins on September 10. Units and activities that wish to enter a team must submit a letter of entry no later than September 5. For more information call the Presidio Sports Office, 4120/5032.

Jimmy the Freak

Hellooo sports fans! It's hard to believe that a whole year has passed since the last professional football season...no, I haven't forgotten about the USFL, but I *did* say "professional" didn't I? During my lengthy stay at the Sports Legends' Rest Home, I had a lot of time to think about the coming season. Between the shock treatments and primal scream therapy, I wrote down my predictions for the NFL for 1984. To begin with, the American Conference should finish this way (please...no loud laughter...I'm feeling better, but I'm not completely cured):

AFC East

Miami—the Dolphins have the best young quarterback and the best old coach.

New York Jets—look for their defense to come back and carry them.

New England—the best talent mixed with the least motivation.

Indianapolis (is that spelled right?)—the Colts being run by Bob Irsey is the same as Disneyland being run by Goofy!

Buffalo—their best talent shuffled off from Buffalo.

AFC Central

Cleveland—if Paul McDonald stays healthy. After watching the Indians all summer, Cleveland fans deserve some sort of compensation.

Cincinnati—The Bengals have the best young players in the game. Hopefully the owner, Uncle Scrooge Brown, will not drive them all away.

Pittsburgh—the Steelers may develop a "quarterback of the week" club. David Woodley is not the answer.

Houston—it won't be this year, but look for Warren Moon and Hugh Campbell to lead the Oilers to the playoffs by next year and the Super Bowl within three.

AFC West

Oakland...oops...**Los Angeles Raiders**—the only things that could keep this team out of this year's Super Bowl are overinflated egos and someone accidentally giving the owner a sharp instrument to eat with.

San Diego—the old lady looking for the beef should start with the Chargers' backfield, where their two running backs total more than 500 pounds. Add in Dan Fouts, and you have the ultimate offense.

Seattle—this is a good team, but very thin in reserve strength. Any injuries would be fatal.

Kansas City—if the Chiefs come up with any kind of running game...

Denver—just goes to show ya...even with the best future quarterback in football, a team needs other talented players to win.

Bear with me on this prediction...I'm about to go out on a limb and make a really gutsy choice...the winner of this year's Super Bowl will be...the Tampa Bay Buccaneers!!!...No, no, no...I was only kidding. Just wanted to see if you were awake!...The real winners will be the 49ers. Whew...had you going there for a moment, didn't I? Now sit up straight and pay attention, for El Freako will give you his NFL National Conference predictions (did you hear the one about the guy who was so dumb that he thought his wife was pregnant because her Rabbi died)?

NFC East

Washington—the Redskins will be out to prove that Al Davis is a jerk and that they're a better football team than the Raiders. The first part should be real easy.

Dallas—things should be real exciting for coach Landry this year. If he can decide on his quarterback (and he decides against Danny White), the Cowboys will contend.

St. Louis—the surprise team of the NFC last year, the Cardinals should continue to improve under Neil Lomax. Their biggest problem will be that they won't be able to sneak up on people as they did last year. Look for Roy Green to be the league's leading receiver.

New York Giants—same script as the past few years...great defense and pitiful offense. Look for a lot of 10-9 games, with the "Sheik" of New Jersey setting a few field goal records along the way. Look out for Jeff Hostetler as a future quarterback!

Philadelphia—I'd love to pick these guys a little

higher, but this is the same team that got rid of their best linebacker and receiver and managed to lose to the Colts, too.

NFC Central

Chicago—the Bears are big and bad! A 10-6 record will easily win this division.

Green Bay—the Packers are the mirror images of the New York Giants...they can score tons of points, but give up nearly as many. If they can keep the opponents under 25 points a game, they should win most of the time.

Minnesota—their new coach should bully them into at least a .500 season. This guy makes Attila the Hun look like the Pillsbury doughboy!

Detroit—you have to feel sorry for the Lions. They are only an average team, and they have to follow a class act like the Tigers this year. These Lions have no pride!

Tampa Bay—the other teams are bruisees...the Bucs are the bruisees.

NFC West

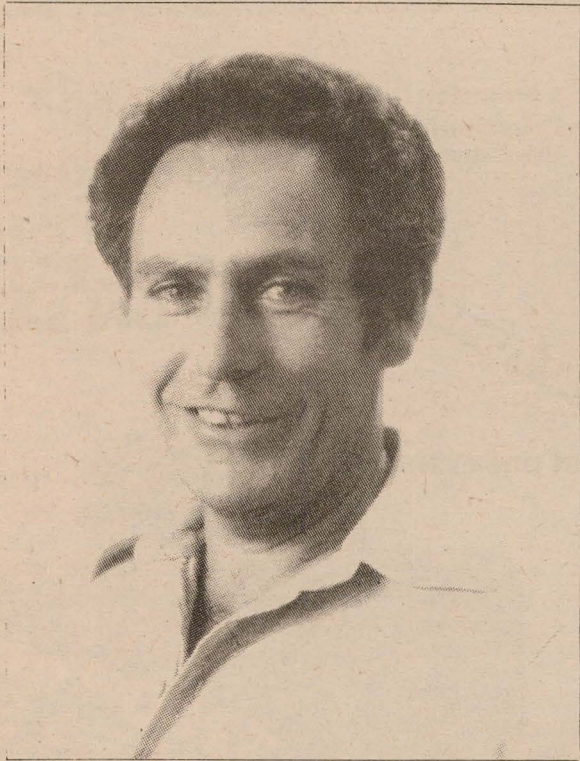
San Francisco—the 49ers are the cream of the crop. Good offense, good defense and a good kicking game. The only thing to get in their way would be their egos. I heard that several of the players lost about 20 pounds of fat, each...and now their helmets fit! See you guys at Stanford next January.

New Orleans—the Saints have a very rare coach. He's both liked and respected. He's got to do better in Louisiana than he did in Houston, where everybody wears western clothing. His biggest problem with the Oilers was that his players couldn't put 5-gallon heads into 10-gallon hats.

Los Angeles—if the Saints do not make the playoffs as a wild card selection, then the Rams will, without a doubt. Eric Dickerson will battle the Cards' O.J. Anderson for the NFC rushing crown.

Atlanta—the Falcons would do a lot better if they could beat the teams in their own division. Their only win last year was against the 49ers on that disputed, last-second touchdown by White Shoes Johnson. They must do better, since any team will need at least 10 victories to have any kind of a chance this year.

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Soldiers R dumb:
myth or terrible
truth / **page 5**



Special Forces: a look
at the men behind the
beret / **pages 6&7**

Russian River:
a day in the sun
/ **page 8**

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News briefs

Women's Equality Day

The Women's Equality Day luncheon will be held at the Presidio Officers' Club today from 11:30 a.m. to 1 p.m. San Francisco City and County Supervisor Louise Renne, will give a speech entitled *Pay Equity for Women*.

The \$6.50 luncheon includes Cornish game hen, salad, vegetable, rice, roll, sherbet and coffee or tea. For information, call Federal Women's Program Manager Juanita Villalobos at 561-2022.

SGM of Army speaks

The retired Sergeant Major of the Army, Leon Van Autreve, will visit the Presidio on September 5 and will speak at 3 p.m. at the Tradewinds NCO Club, followed by free food and an opportunity to meet and talk to him. All enlisted soldiers are encouraged to attend.

Over 40 group

The Over Forty Single Social Club will have its next event tomorrow, August 25. A Pot Luck dinner with surprise entertainment will be featured. To let us know what you'll be bringing, contact the Post Chapel (Chaplain Bradley) at ext. 4719; we'll meet at 5 p.m. What to bring? If your last name starts with A through G, bring a dessert; H-M, salad; N-Z, main course. For those who do not cook, consider bread, butter, potato chips, salt and pepper, pickles, olives, chutney, jam, nuts, or whatever else you can think of; just bring enough for six people. The cost: \$2 at the door.

Upcoming events in September will include a meeting with author-lecturer, Mr. Jed Diamond who recently published his book *Inside Out - Becoming My Own Man*, and a trip to Marine World Africa U.S.A. Watch for more information.

German head start

German Headstart Class will be held at the Army Education Center, bldg. 1216, from August 28-October 18. This class will meet Tuesday and Thursday from 6-8:30 p.m.

The class is offered free to soldiers, adult family members and DA civilians who want to learn practical German.

Soldiers on orders or alerted for duty in Germany have priority for enrollment. For more information or to enroll, call or visit the Education Center, ext. 2974/4445.



SFC Richard Sherrow displays the bombs found in Richmond Sunday night.

photo by Pat Barham

Bomb squad aids police

by Melvin Wong

The Presidio's 87th Explosive Ordnance Detachment was called by the Richmond Police Department Sunday night to disarm a bomb in the nearby East Bay community.

SFC Richard Sherrow and SSgt. John Gibson of the 87th responded to the call and arrived in Richmond at 8:15 p.m., according to Gibson and Sherrow. Once on the scene, they discovered two old bombs lying in a backyard.

On closer inspection, Sherrow and Gibson decided one of the bombs was possibly 'live' and followed standard procedure, removing both bombs to a safe area.

A 17-year veteran of explosive ordnance, Sherrow said, "Anybody with souvenir explosives (as these were) should call their local police to determine any danger."

The bombs found in Richmond were pre-World

War II mementos (one British 20-pounder and an American 50-pound bomb) belonging to a recently-deceased retired Air Force colonel. They were found among the late colonel's effects by a family member who took them outside for safety.

The 87th EOD collects (as at Richmond) and disposes of hazardous and unserviceable explosives and ammunition. They also frequently help local police and have an area of responsibility covering 22 counties.

Federal agencies such as the FBI, Customs, and especially the Secret Service seek the 87th's services. Recently, the 87th gave support to both the Democratic National Convention here and the Olympics in Los Angeles.

Commanded by 1st Lt. Bryan Keifer, the 87th is headquartered at Fort Scott in bldg. 1450.

During a bomb threat alert, the unit prides itself on being ready to respond within five minutes.

Opinions

TAKE A BITE OUT OF CRIME

Credit card crime is rampant in the United States, and is increasing greatly every year; a real growth industry. Credit card companies are fighting the problem with tactics ranging from anti-counterfeit features (such as holograms, ultra-violet inks and fine line printing) to lobbying Congress to pass tougher laws.

No matter what the companies or Congress does to combat this crime, it's the user who can make the greatest impact in preventing this crime. Most credit card companies limit your liability to \$50 per lost card for unauthorized charges (assuming the theft was promptly reported). We the users are the final victims, because credit card companies pass on to consumers their operations costs, which includes the millions of dollars each year lost to the credit card thief and fraud.

How to protect your credit card

- Secure those credit cards you are not using.

Treat your cards like money; keep them in your wallet and *never* leave them lying around.

- Report lost or stolen card immediately. Some companies charge patrons up to \$500 liability if the incident is not reported in three days. After 60 days, there is no limit to your liability. Your best course of action is to report any card that is not in your possession to the credit card company—don't wait, it could cost you a lot of money.
- Check your monthly credit card bills immediately. Even if you don't plan to pay them right away, make sure all charges are yours.
- Make a list of all your credit cards and keep it in a secure place. Include the issuer and card number and the phone number you call to report a lost or stolen card.
- Never give your credit card number to someone who calls you on the phone. Some crooks tell their victims they have won a valuable prize, and a credit card number is required to validate the reward.
- Never lend your card to anyone. Should a family member use it without your permission, you are not obligated to pay unauthorized bills, but you may be required to testify against a family member if the amount involved is substantial.
- When dealing with salesclerks, never let your credit card out of your sight; it's easy to

punch out blank receipts.

- Never discard your receipts without destroying them. The data on your receipt contains a lot of useful information to the credit card crook, so why make his job easy?

Summary:

Credit cards can work for you or against you—they must be handled with care and regarded the same as hard cash. Remember, a fool and his *credit card* are soon parted.

Crime Report:

- Person(s) unknown stole a wallet from an unsecured wall locker at the post swimming pool; the wallet contained \$22 and credit cards.
- Person(s) unknown stole a wallet left unsecured on a desk top at the Transportation office; the wallet contained \$200 and credit cards.
- Person(s) unknown stole a wallet left on the front seat of a pickup truck which was parked near the Wells Fargo Bank; the wallet contained \$67 and credit cards.

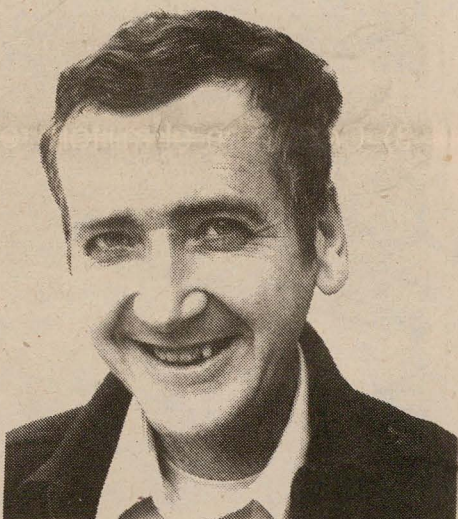
It's been a bad week for wallets, so DON'T LET YOUR WALLET OUT OF YOUR SIGHT.

Ramblin' Sam

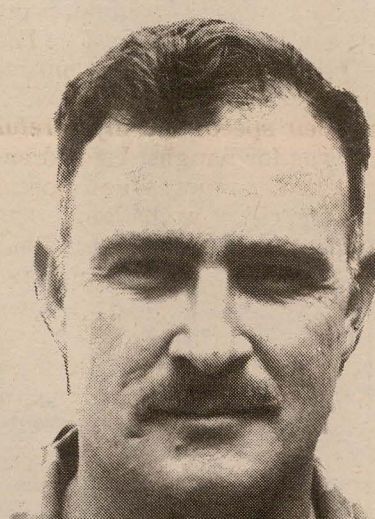
"How intelligent is the average soldier?"



CWO 4 Ronald G. Ottesen, retired: "It's about 100—about average. Today's soldier is probably more educated than 10 years ago because more are making it a profession. I enjoyed the military."



Gary Reynard, civilian: "An average soldier has average intelligence. However, there are like anywhere else some with higher and some with lower intelligence."



SSgt. Harold Schorr, training NCO, SIDPERS: "He's of average intelligence if you compare him to his peer group outside."



Ken Lowe, civilian: "He's got about 11.8 years of education. After his primary training, I give him 14 years."

Action Line

Gasoline and meat prices

I'm calling in regards to the Actionline article of June 14 in regards to gasoline prices. I would like to know why AAFES and the commissary are paying retail prices and they are turning around and charging us those same prices. The reason behind this, for example, meat cost—they charge no more than they pay. Yet they are paying the same as the retail cost downtown. The same thing with gasoline.

If these prices are not to exceed the AAFES cost price, then they are paying retail prices. Then I would like to know why they are doing this when they can buy the stuff wholesale.

Name Withheld

Replies:

The commissary buys meat wholesale and passes the savings along to our customers...it sounds simple, but it's a bit more complicated than that; in a

word—overhead.

Veterinary food specialist inspectors can reject shipments (driving up the price) and meat cutters and commissary checkers must be paid—overhead.

The customer is always our first consideration when setting prices and we check to make sure you get your money's worth. Every day the commissary officer chooses several packages of meat at random and checks weight and price. Commissary

scales are checked *every day* for accuracy.

We really do try to see that you get the best deal possible for your money.

Arthur T. Trapalis
Commissary Officer

Gasoline prices

AAFES buys gasoline at a price which is, for definition, the "wholesale" or cost price. The (Please see page 3)

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AAFES pricing procedure for gasoline is as follows:

The 20 gasoline stations nearest the post are surveyed weekly. PX prices are established to meet the lowest survey price or at one cent below, not to exceed the AAFES cost price.

L.D. Bowen
Acting Director, Personnel &
Community Activities

• • •

Sprinklers

The sprinkler system on this post is deplorable. Too often and in too many locations one must demonstrate a measure of ingenuity and patience to maneuver from one part of post to another without receiving a drenching. If it's not the single shots that create enormous puddles in a one-foot diameter, it's the "barely-able-to-get-it-up" or the "I'm-aimed-at-the-sidewalk-for-a-reason" spigots that make me wonder why we turn them on...to water the gutters?

It seems to me the money wasted in

the loss of water alone could help pay for a better system.

"Tired of getting wet"

Reply

The sprinkler systems here on post were installed to provide irrigation with a minimum of manpower resources. The systems are controlled to turn on and off at selected, pre-designated times. These times have been scheduled with many factors in mind, including population density in the areas, time of day, water pressure, types of soil, and priorities and activities established by higher authority. While our goal is to maintain the grounds of the Presidio in a park-like appearance in the most efficient manner possible, there will always be a certain amount of run-off, but it is certainly not our intention to "water the gutters."

If one of our systems is malfunctioning, please call our Work Order Desk at ext. 2104 so that we may correct the problem.

Edward W. Crane
Acting Director
Engineering and Housing

Dear Editor...

When it rains...

I have a new idea I'd like to share with my fellow soldiers. If you're bored with running the same old routes, are longing for scenic and interesting places to stimulate your mind while you exercise your body...well, have I got something for you.

Not only will these courses test your ability to run, dodge and jump while maintaining a steady pace under less than ideal conditions, they eliminate the need for a shower when you're finished. OK. OK. I won't keep you in suspense any longer. All you need to do to take advantage of these wonderful aforementioned opportunities is run on any of the many sidewalks on the Presidio. I particularly recommend those around Letterman.

And what, you ask, makes our sidewalks so challenging, so interesting? The sprinkler system, of course! Why, just this morning I myself made a spectacular, actually daring, attempt to sprint from the new parking lot behind Company A, LAMC, down the sidewalk to the Orderly Room without getting wet. I first gauged the reach of each sprinkler, then its speed and finally the regularity with which each one hit

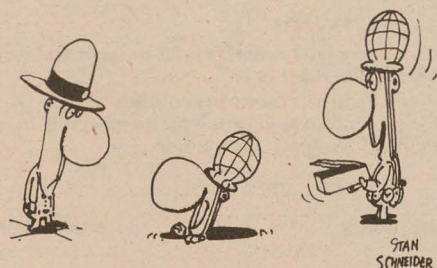
the sidewalk. I was confident my calculations were correct as I've had a lot of practice. But, alas, someone must have flushed the toilet, which changed their speed, and my careful planning was for naught. I got drenched from head to foot. Was I upset? Not at all. I enjoy a challenge, and though I was unsuccessful this time, I know there will be an unlimited number of chances for me to try again in the future.

One thing that may have been my undoing this time was that I was in my Class A's and I don't have the agility when running in low quarters that I do when in my Nikes. Guess I shouldn't try to have fun while I'm conducting official business. Sometimes it's just hard to resist, though.

Anyway, if your usual exercise routine is getting a little boring, give my suggestion a try and see if your morning or afternoon jog isn't just a little more exciting.

One more thing. Running on the grass will not provide the same excitement as the sidewalks will. The sprinklers don't hit the grass with the same accuracy or regularity. Trust me. The sidewalks are more fun.

SSgt. Shirley A. DeLuna
Medical Company A, LAMC



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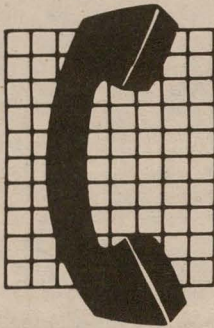
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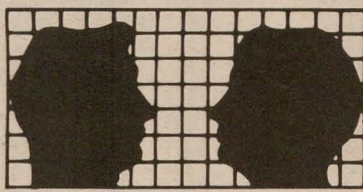
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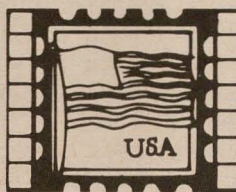
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Feature

Soldiers R dumb —truth or stereotype?

by Bob Walker

Soldiers sure are dumb—or at least some civilians and cab drivers in the area seem to think so. Are they right?

An investigation into the subject of soldier intelligence may prove the idea to be a myth.

The Army has been putting considerable emphasis on education, as evidenced by the tightening of requirements for reenlistment.

The September 1983 edition of the *Defense Almanac* states the percentage of high school graduates in the Army (86 percent, up from 68 percent) in Fiscal Year 1980 reflects a 54 percent of first-timers with diplomas. In 1981 the figure grew to 80 percent; that figure further increased by 1982, reaching 86 percent. Doby Dokes, education counselor at the Ft. Scott Education Center said that Presidio's percentage of high school grads is over 90 percent. "There's only a

handful of high school dropouts at Presidio," he said.

One possible intelligence indicator is a soldier's GT score. SSgt. Michael Medsker, personnel staff NCO at the Headquarters Command Battalion, said that the unit has an average GT of 111.1 and has an average 12.5 years of education. According to Medsker, during the Vietnam era the average GT was about 90 and education level only 10 years.

Medsker said. "It is perceived in the outside world that the Army isn't too bright. During the early 1960's, servicemembers would come home and raise Cain. It's up to us to change that image by using our heads."

Medsker himself was a high school dropout, but he went back to school and got his diploma. He takes many courses, making the time to improve his education; his GT is 141.

Medsker isn't the only one trying

to improve his education. According to Dokes, those who take the BSEP (Basic Skills Education Program) raise their GT score by an average of 20.2, for a new average GT of about 116.

SP4 Lawrence Wallace who works with Medsker in the battalion, said, "The GT score shows how well-developed people are in different skills and areas. As far as the actual potential, it doesn't show ability."

"The Army is to be commended for its educational opportunities. If a soldier desires the opportunity for education while on active duty, it can be received. The Army is more technologically oriented today, requiring greater expertise."

"People looking for a bad image of the Army will look for something bad in everything," he said.

SP4 Doug Paarmann, 6th Army Band, said, "In general the band

members I have met are fairly intelligent. Even in Basic, the soldiers weren't stupid. Today there are many soldiers with college degrees and more using the Army to further their education and degrees. In some cases, those straight out of high school do take time to mature; they are more immature than they are stupid."

Sp4 Jim Bender of the 6th Army Band said, "The ones people see are the ones that go out and get drunk, which isn't the majority of the Army."

The general consensus seems to be that the Army is requiring more from the soldiers. Many are coming into the Army to make it a career, while others are here for the educational benefits.

In short, the Army is getting smarter as soldiers with more education join the Army than in times past.

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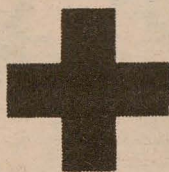
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Infiltration by air, land and sea are represented by the three lightning bolts the 12th Special Forces flash worn on the units green berets.



'out the door'..."you have to be willing to go anywhere and perform the mission anywhere at any time, and that's what it's all about."...even out the back of an airplane.



Special operations call for special measures and members of SF teams learn to work together on land, sea or in the air.



Training in the snow fields, in the desert, on mountainous terrain or in the jungle is part of being SF qualified.

Special Forces

The men who fight to liberate the oppressed

story and photos by Pat Barham

"...100 men will test today, but only three get the Green Beret..." Special Forces (SF)—to most soldiers and civilians the term SF is synonymous with elite, the best.

Unknown to many people, there are SF soldiers operating within the Bay Area from the headquarters of the 3rd Bn. 12th Special Forces Battalion located at Hamilton Air Force Base (HAFB).

This reserve unit is tasked with overseeing the operation and training of SF units from Spokane, Wash. to San Diego, Calif. encompassing 12 western states.

Although the members of SF have been glorified through television and movies, they actually display a sense of quiet professionalism as they function in today's Army.

According to Maj. James R. Meloy, "The primary mission of today's SF teams is to act as 'Force Multipliers'."

A "Force Multiplier" is when a soldier trains other soldiers to support themselves in combat.

In Vietnam, SF units numbering about 2,500 soldiers organized, trained and advised more than 60,000 South Vietnam irregulars in combat against the Vietcong and the North Vietnamese regulars.

Today, HAFB's SF Battalion carries on the tradition and mission of the old Special Services Force established by Col. Robert T. Fredrick in 1942.

Meloy said, "The headquarters coordinates and provides assistance in training, we are often used as force multipliers and trainers for other units, which is part of our mission."

A SF team is made up of a select group of people who are proficient in particular technical areas. A team consists of two officers, an operations sergeant, an intelligence sergeant, a medic, communications people, heavy and light weapons specialists and an engineer. These people are trained and cross-trained within the group or team so it functions as a self-supporting entity.

Usually, there are 13 people on a team. In wartime the mission stays the same but the use of the team changes quite a bit. A team operates very deep behind enemy lines; for this reason most of the team members are fluent in one or more foreign languages so blending in with the people is easier.

"Unlike the Army's Rangers who may cross enemy lines and then return, SF teams aren't extracted after an operation and may stay in enemy territory for the duration of the conflict," said Meloy.

"You have to understand that these units are designed for unconventional warfare. Escape and evasion techniques, special operations, training during combat operations and guerrilla warfare keep us alive behind enemy lines."

During peacetime, the operations of the SF units continue. "Training people to fight and to be proficient with all the hardware needed to win

a war is a big task. Most people think that we operate with our weapons a-blazing and that isn't the case," Meloy said.

SF teams are top-of-the-line, but highly sophisticated units. To openly fight a large force would be suicide.

The reserve unit trains 48 drill weekends a year, which is required. But according to Maj. George P. Morris, "Our people are highly motivated individuals—you have to want to be SF more than anything else in the world to keep up within the unit."

Most of the soldiers in the unit are prior service SF people. They volunteer their spare time to train on weekends *in addition* to their required drills. Some of the soldiers constantly train and practice to keep their skills sharp. Often the extra training meetings aren't paid for by the government. They do it because they like it.

To become SF qualified you have to be willing to go anywhere, and perform the mission anywhere, at any time, and *that's* what it's all about according to Meloy.

"A lot of soldiers, good soldiers, have died over the years while wearing the Green Beret. We're extremely proud to wear the symbol 'De Oppresso Liber' (liberate the oppressed) on the Beret. We are a close-knit group (Special Forces).

"In peacetime, we continue to do our jobs with a quiet professionalism," Meloy said.



'Force Multipliers', SF soldiers train troops of many nations using their special expertise.

Photo Feature

Canoe Trip

Trekking down the Russian River

Story and photos by Liz Greeley

"Ahhh! We're gonna crash!" And they did. Only a tiny minority of the 30-plus Presidians on the August 11 Russian River canoe trip had ever been in, or paddled a canoe before. The results were...well, judge for yourself.

The day started off with an 8:15 a.m. departure from the Recreation Center, building 1331. A little over an hour later the group's chartered bus arrived at Geyser Peak Winery for some wine-tasting.

After a brief and pleasant stay at the winery, it was on to the main event—the Russian River!

There are several important tips to know about canoeing; paramount of these are:

- Don't take anything you don't want to get wet.
- Expect to get wet.
- Leave wallets, watches, and jewelry behind—you won't find them once they're on the bottom of the river.
- Don't expect this to be an experience like the canoe trip in *Deliverance*. There aren't any rapids, but the 11-mile trip is challenging for beginners.
- PLEASE use suntan lotion or a sun block! This group spent six to seven hours in the sun.
- Expect to overturn your canoe at least once.
- Expect to have a great time!

Once on the river, cries of "backpaddle, backpaddle!" and "Look OUT!" rang out amidst laughter. Some beginning canoers found themselves going down the river sideways with other canoes backing up and crashing into them—something like rush hour on the bridge. Other canoers smashed into trees, some overturned and most made unscheduled stops along the riverbank as they ran aground.

Yet by noon most had a handle on things and were managing without much difficulty, silently skimming along the glistening river with a breeze cooling warm faces.

By late afternoon, they were showing some talent, handling shoals and tricky, swift currents without losing momentum or control of their craft.

Overheard on the river...

"Left or right [channel]?"

"The right looks easier, but the left looks more challenging."

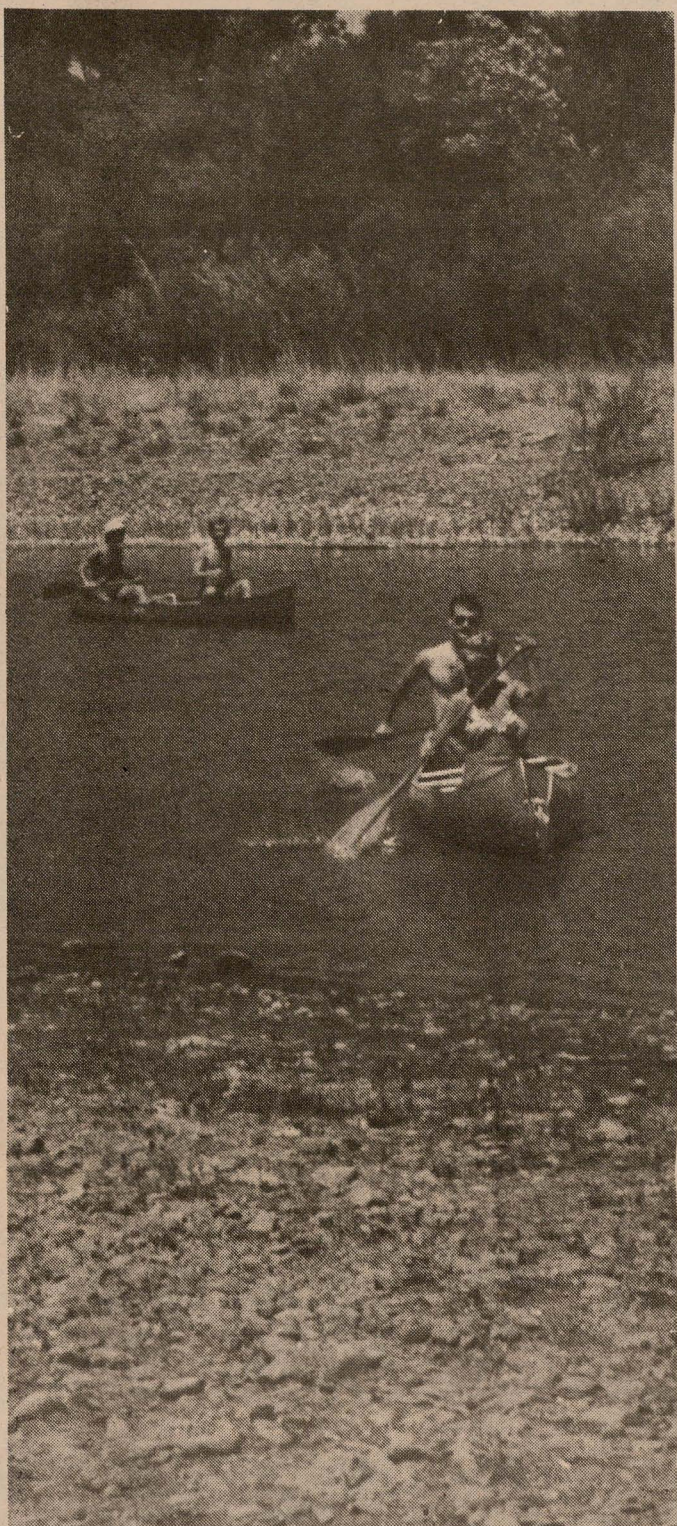
"You want to go for it?"

"Yeah, why not?"

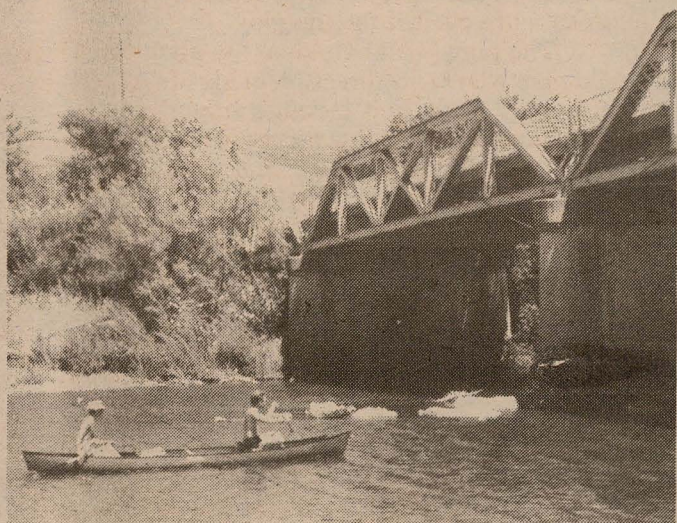
By evening, weary bands of Presidians, now looking like Summer Olympic hopefuls, made their way to their reward—a chicken barbecue buffet.

Sure, canoeing down the Russian River sounds easy...

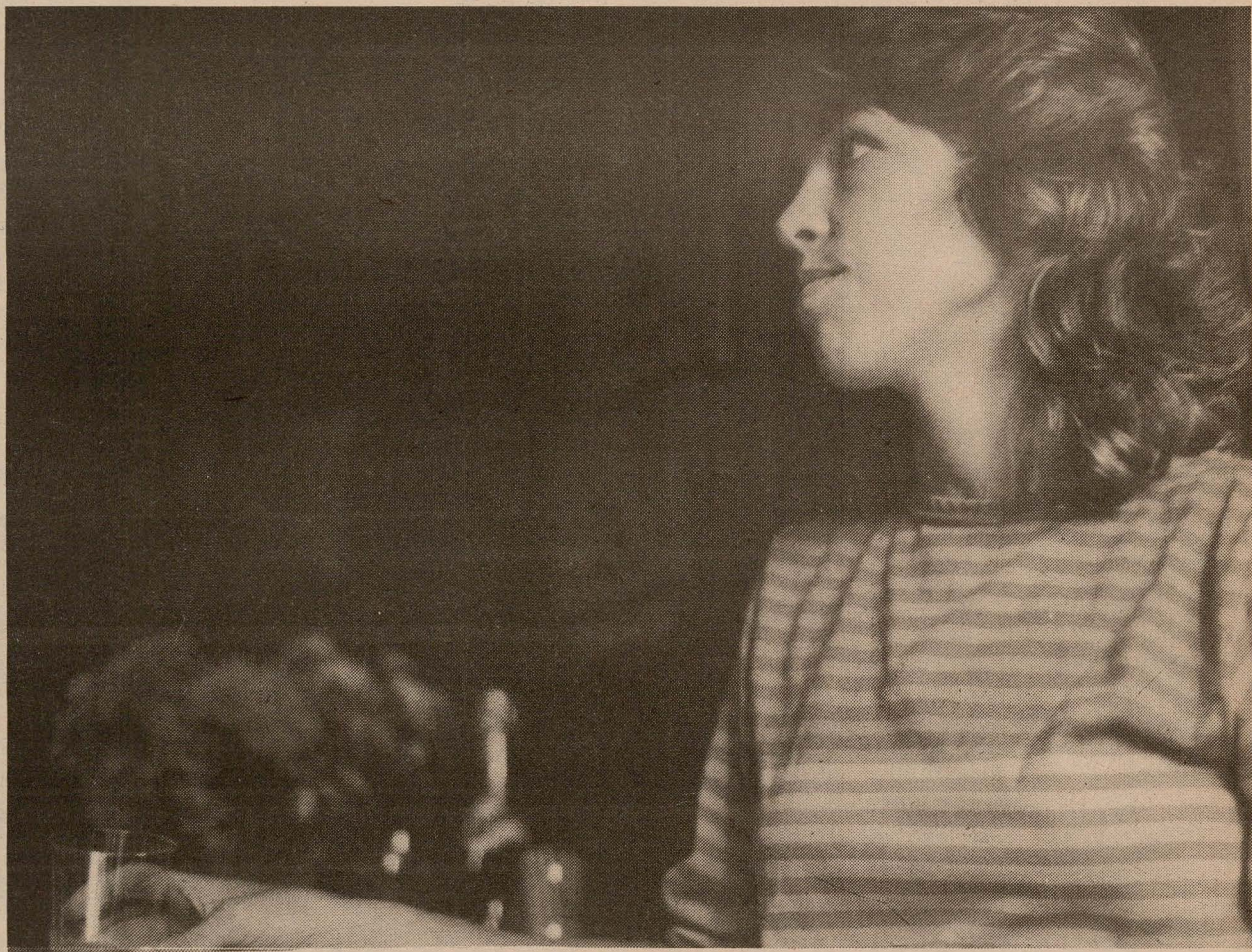
What with stopping for lunch and swimming, sightseeing from the riverbank, sunbathing and all—well, it was an exhausting day!



Duane and Dana Struntz head for shore—and lunch.



Canoers paddle under the bridge that marks the halfway point on the river trek.



Kay Bingner enjoys a quiet moment wine-tasting at Geyser Peak Winery, before heading to the Russian River.

Community Calendar

New DOD decals are here!

The new standardized Department of Defense Vehicle Registration decals have just arrived in the Presidio Provost Marshal's Office. These new decals, once issued, will bring the Presidio into line with other local military installation vehicle registration systems as well with many others, nationwide. The new decals are approximately one half the size of those previously issued. The primary benefit of the new decal system is the universal acceptance of them by all services, thereby allowing authorized persons easier access to most installations.

The Vehicle Registration Section of the Provost Marshal Office will begin issuing the new decals on September 4. Plans are to issue the decals two ways. First, customers may come to the Vehicle Registration Section in bldg. 36 with their current state vehicle registration and valid drivers license and receive a new decal. Secondly, they may wait for one of the mobile registration teams to come to their place of duty. Driver's license and state registration will also be required when re-registering with a mobile team. The mobile teams will operate according to the following schedule:

Team	Date/Time	Unit/Location
1	Sept. 4, 7:30-4:30	6 USA, bldg. 38
2	Sept. 4, 7:30-4:30	Hq Cmd Bn, bldg. 1214
3	Sept. 4, 7:30-4:30	PSF Hq, bldg. 220
1	Sept. 5, 7:30-4:30	6 USA, bldg. 39
2	Sept. 5, 7:30-2:00	D/864th, bldg. 1207
3	Sept. 5, 1-4:30 p.m.	LEC, bldg. 1202
1	Sept. 5, 7:30-4:30	DEH, bldg. 283
2	Sept. 6, 7:30-4:30	6 USA, bldg. 35
3	Sept. 6, 6:00-4:00	LAMC, bldg. 1100
1	Sept. 6, noon-8 p.m.	LAMC, bldg. 1100
2	Sept. 7, 7:30-4:30	DLI, bldg. 1801
3	Sept. 7, 10-6:00	Main PX, bldg. 605
1	Sept. 7, 7:30-5:00	LAMC, bldg. 1100
2	Sept. 10, 7:30-4:30	6 USA, bldg. 38
3	Sept. 10, 7:30-noon	USACC, bldg. 116
1	Sept. 10, 1:00-4:30	6th Bde Rct, bldg. 636 (Ft. Baker)
2	Sept. 10, 7:30-noon	6th Rgn Cid, bldg. 106



Historic photo

Labeled "The Bombardment," this photo was taken July 3, 1876 during the Centennial celebration at the Presidio.

U.S. Army photo

After September 10, individuals will be required to re-register their vehicles at building 36, Vehicle Registration.

Vehicles with USAREUR license plates will not be registered. You must have valid license plates from your home state, last CONUS (Continental U.S.) duty station or from California.

The new DOD decal may only be placed on the front bumper of the vehicle, driver's side. Any other form of placement on the vehicle is improper and unauthorized.

Drivers and vehicle owners are reminded that the old style decals with the 6th U.S. Army patch, or the red, white and blue FORSCOM patch will no longer be valid after November 1.

Drivers may be denied entry to the Presidio of San Francisco or other local installations when attempting to use the expired decals. Avoid the rush and hassle by re-registering now with any one of the mobile teams or

at the Vehicle Registration Office in bldg. 36. Questions regarding the new system may be directed to Sgt. Clay at 561-3811.

Child Development

Registration for fall classes at the Child Development Center is still being accepted. Classes begin Tuesday, September 4.

According to Ms. Sandra Talbot-White, director, many classes are full, but limited openings are available in some classes. Full-day and part-day classes are offered for preschoolers and kindergartners. To register, children must be 3, 4, or 5 years of age by December 2. Registration is being accepted in bldg. 569, 8:30 a.m. through 5:00 p.m. daily; a \$10 registration fee is charged.

Renovation and repair work at the Child Development Center is now being completed, according to Talbot-White. Programs will be moving into new rooms during the next week in

preparation for the start of classes on September 4. In addition to the preschool and kindergarten classes, the Child Development Center has programs for infants, pre-toddlers, toddlers, and school-age children.

Come rock with the stars

Crosby, Stills and Nash, one of America's most popular musical groups, will perform at Candlestick Park following the Giants-Atlanta Braves game on Saturday, September 8. The game begins at 1:05 p.m. with the concert following. The cost for the game and concert is \$8.75. A limited number of tickets are available at the Recreation Center ITT Office, bldg. 385.

Scouting

Fall registration for Boy Scouts and Cub Scouts will be on September 5, 6:30-8:30 p.m., bldg. 563 (Child Development Services). Boy Scout registration will be \$2, Boy's Life Magazine, \$5.40 annually plus \$4.50 Boy Scout Handbook (required). For ages 10½-18. Cub Scout registration will be \$3 and Boy's Life \$5.40. For ages 8-10. Contact the Youth Activities Office for more information at 561-5143.

Recycling program

There will be no recycling collections during the months of August and September. The next recycling effort will be the first Saturday in October. Newspapers and all-aluminum cans may still be dropped off at any time at the recycling point, located next to bldg. 661 (behind the Auto Crafts Shop).

Follow that Star—PSF produces a play

by Pat Barham

Off-Broadway plays are often popular and the Presidio Cultural Center is definitely off-off Broadway. However, the upcoming production of *Follow That Star* promises to be enlightening.

Sponsored by the Presidio Chapel, the play is presented in honor of the Army's 'Year of the Military Family'. Scheduled for three showings, the play opens tonight and Saturday at 8 p.m. and Sunday at 3 p.m. in the Presidio Cultural Center, bldg. 385.

Comprised of an all volunteer staff, the main coordination for the play is being handled by Ardyss Golden.

Golden, a veteran of theatrical productions said, "The play is a celebration, a 'thanks' to families—military and civilian—on post. Coordinating with Chaplain (Lt. Col.) Autry, Golden and other volunteers have been working on the production for several weeks.

"Lighting, carpentry work, publicity, tickets, posters, supplies, and music for the production have been arranged by volunteers in order to meet the production deadline."

"We are trying to make this a community effort, in a way. I feel like we are all a special family at the Presidio and the pitching-in of time and effort by everyone proves that," Golden said.

Some people helping in the production work their daily jobs and then come to the playhouse in the evenings to help with the sets, lighting, etc.

"I have worked with professional theatrical production companies before and usually 'hometown' productions are harder to do. But I have been surprised at all the work and little trouble we've had with this production. It's really great," Golden said.

Funded by the Chapel, admission to the play is free. "There are 210 seats here (Presidio Cultural Center) and we hope to see them all full for all the

performances," she said.

Tickets may be obtained at the Post Chapel, bldg. 130 any time between 7:30 a.m. and 4:30 p.m. today or on Sunday after Chapel services. Although admission is free, seats are reserved and tickets are needed for the play.

"The play," said Golden, "is about an 18-year old man who lacks direction in his life. He follows a star that leads him through other peoples' lives showing him how others have found direction. It's a play written entirely by Merrill Collins, organist for the chapel," said Golden.

The families (dads, moms and children) of the post have worked on the play... "but we need the rest of the families to come see the show to join in the celebration," said Golden.

Although the production has a religious theme, it isn't a traditional biblical production. In fact, according to Golden, it's quite a contemporary and modern production.

At the movies

Presidio Theater

Aug. 24	Cannonball Run II (PG)	7 p.m.
Aug. 25	Pete's Dragon (G)	7 p.m.
Aug. 26	The Last Starfighter (PG)	2 & 7 p.m.
Aug. 27	The Last Starfighter (PG)	7 p.m.
Aug. 28	The Last Starfighter (PG)	7 p.m.

Aug. 29	Terms of Endearment (PG)	7 p.m.
Aug. 30	Up The Creek (R)	7 p.m.

Schwartz Theater

Aug. 27	Cannonball Run II (PG)	7 p.m.
Aug. 29	The Last Starfighter (PG)	7 p.m.
Aug. 30	Terms of Endearment (PG)	7 p.m.



Sports

1985 intramural bowling league

Units/Activities interested in participating in the 1984-85 Intramural Bowling League are urged to attend an organizational meeting on Sep. 4 starting at 1 p.m. at Presidio Bowling Center. Teams must have a representative at this meeting to secure a position in the league. For further information contact the Presidio Sports Office, 561-4120/5032.

Presidio male officers & civilians bowling league

An organizational meeting will be held on Aug. 30 at 4:30 p.m. at the Presidio Officers Club to discuss plans and schedules for the coming bowling season. All persons desiring to enter a team are encouraged to attend. Individuals who would like to bowl will be placed on a team. For further information call Mary Schuster at 561-5057/5155.

Youth bowling

Sign-ups for instruction and league play bowling will be on September 8, starting at 9 a.m. at the Bowling Center, Ft. Scott. Here's your chance to let your children learn to bowl every Saturday (ages 7-18). Cost: registration fee, \$5 plus \$2.50 sanction fee (YABA). For information contact Don Fryer at 561-3002 or the Youth Activities Office at 561-5143.

Hui-O-Hawaii bowling league

Teams or individuals who were members of the 1983-84 Hui-O-Hawaii Bowling League must contact Don Fryer before August 31 to reserve a slot for the upcoming bowling season which starts on September 5. Slots not reserved will be open on a



Marathon men

Two of the 10,000 who took part in the San Francisco Marathon run along the Presidio section of the race.

photo by Richard Wetzel

first call, first serve basis. Interested teams or individuals must call Don Fryer at ext. 3247 or sign up at the Presidio Bowling Center.

An organizational meeting will be held at the Presidio Bowling Center on Friday, August 31 at 6 p.m. Bring your bowling ball for some fun bowling after the meeting.

Racquetball championships

All active duty Presidio soldiers may enter this double elimination tournament to be held September 4-9; all games will be played after normal duty hours. Entries deadline not later than August 28. Pre-tournament meeting, noon, August 28. Competi-

tion will consist of the following:

Men's Open Division—any age

Women's Open Division—any age.

Senior's Division—35 years or older

For more information call John Funes at ext. 5032/41321.

A Team wins softball championships

The top 12 teams in the PSF Softball League took part in the 1984 Presidio Softball Championships (Double Elimination Tournament) that began August 9 through August 15. A total of 22 games were played to determine the post champions.

The USACC Spartans came from the loser's bracket to get into the finals by beating 864th Engineers 7-4. It seemed to have given them momentum along with high spirits for the upcoming championship game against the A Team of LAMC.

The A Team started to extinguish the hot Spartans right away by putting their first three batters out and scoring two runs the very first inning. From then on the A Team had complete control of the game. Their well-placed hits and errorless fielding proved that the A Team was the Presidio's best by defeating the Spartans 10-0.

The tournament's most valuable player award went to first baseman Fred Hall of the A Team. Recognition was also given to player/coach Steve Burton for a job well done.

Men's & women's basketball try-outs

There will be a meeting following try-outs for men, 7 p.m. September 5. Women's try-outs will start 7 p.m., September 10. These try-outs will be held at the Post Gym number 1, bldg. 63.

Sports specialists aim for excellence in sports

by Pat Barham

Not everyone can go to the Olympics and be a gold medalist. But on the Presidio there are places to go that can make your feel like a winner. Places like the Presidio Sports Office.

The Presidio Sports Office offers an opportunity for soldiers and family members to take part in sports programs designed for the total you.

According to Robert Darling, Jr., sports specialist, the Sports Office looks after three gyms on post, five athletic fields, one swimming pool and 10 tennis courts. This may not sound like a big job, but add to that coordination of 19 to 20 different athletic programs and the job quickly becomes more complicated.

"There are five staff members who are sports specialists under the direction of Bobbie H. Gascon, Presidio sports director. It is our job to oversee the different sports and to coordinate the events for the whole season. For example, if I was placed in charge of basketball for the season, I would have to plan the whole event for the season to include the final tournament to determine a champion," Darling said.

Just setting up the individual sports programs isn't all the work the Sports Office has to do. Remember the tennis courts and other areas of

responsibility, as well as laying out chalk, cleaning the pool, replacing worn equipment, and hundreds of other things like this which are done to keep good sports programs going for Presidio soldiers.

With a staff of 30 people the job gets done and all the activities sponsored by the Sports Office work season after season. According to Darling, the Sports Office covers all the major sports and several minor sports commonly played by men and women today.

"Almost every sports activity on post is scheduled through the Sports Office. 'We have a lot of work to do all the time. We work on weekends and holidays to provide the best sports programs possible to the troops,' Darling said.

Overall, the Sports Office has plans to improve many areas within the gyms and on the Presidio.

"There are plans to upgrade the physical fitness center at Fort Scott. We plan to eliminate the basketball court at gym number three allowing more room for a fitness center," he said. Other plans include putting in new carpet in the training room, building a new portable boxing ring, and ordering a stationary bicycle and rowing machine for gym number two.

Most of the facilities are located at the Main Post Gym so the Sports Office is trying to expand

its operations and upgrade the other two facilities for everyone's convenience.

"The main activities which are used are the basketball court (main post), the weight rooms, sauna baths and racquetball courts," said Darling. The Main Post Gym closes only two times a year at Christmas and New Year's Day. The other two gyms close weekends and holidays but are open five days a week.

Spending over \$250,000 annually on supplies and equipment, staff and maintenance, the Sports Office runs its programs to serve its patrons. "A person should find a sport or program that fits their needs and make the overall you better and more athletic," said Darling, "the programs are designed and developed for everyone's benefit."

The facilities are available—the only thing stopping someone is simply not taking advantage of the opportunity. "We provide some of the best activities you can find and all of them are free. On the outside these kind of activities would cost the individual a lot of money. They are here for the asking and should be taken advantage of," Darling said.

In today's Army being physically fit is important and what better (and easier) way to stay slim and trim than to take advantage of the Presidio Sports Office programs and facilities?



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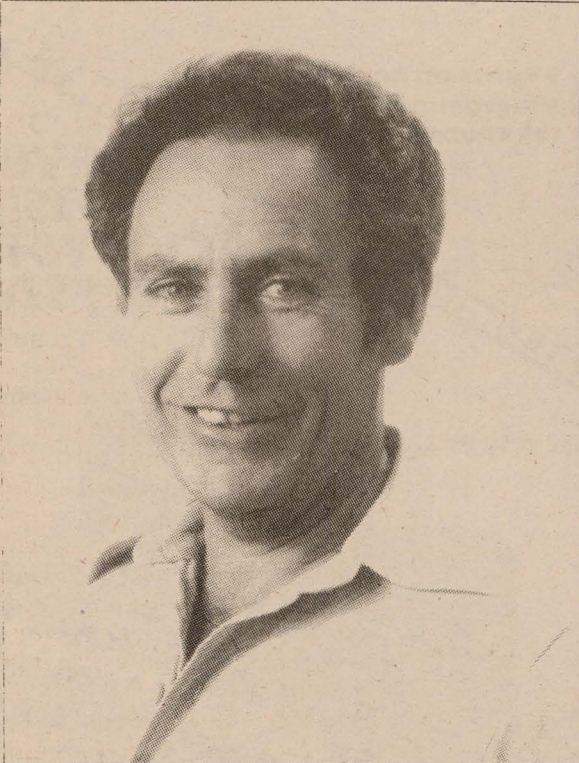
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— Star Presidian —

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Concepcion and the Count: a Presidio love story / page 8



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Vol. 27, No. 34

"Published in the interest of the people of the Presidio of San Francisco."

August 31, 1984

News briefs

National Hispanic Cultural Week

National Hispanic Cultural Week (Sept. 10-16) kicks off with a luncheon at the Presidio Officer's Club September 10. Guest speaker will be Deputy Assistant Secretary of Defense for Legislative Affairs Ernest Garcia. All civilians and soliders are invited to attend. The luncheon will be held from 11:30 a.m. to 1:30 p.m.; cost is \$6.50 and reservations should be made by September 6. For more information call the EEO Office at 561-2022.

Ballet classes

Ballet classes are being offered to Presidio youth ages 6 and up in bldg. 1390, between the Bowling Alley and the Ft. Scott Chapel. Registration for the classes will be on September 6 and 7 from 4 to 6 p.m. in bldg. 1390.

For more information call Helen Piernik, ballet instructor, between 12 and 2 p.m. at 994-0681.

Zip + 4 postal system

On July 1, the Department of Defense and its subordinate agencies were required to begin using the Postal Services Zip + 4 System.

A policy of returning mail that does not include the Zip + 4 only on the return address will be originated sometime before the end of this year. A similar policy will be effected on mail that does not include the Zip + 4 on the mailing address. It will be instituted some time before September 1986.

Zip + 4 is the regular five-digit zip code with an additional four digits that can be used to direct mail to specific areas in an organization.

Walt Blyler of the Military Postal Service Agency says Zip + 4 will have several advantages. "The Department of Defense is the biggest first class mailer in the country," he says. "Zip + 4 will not only take advantage of discounts offered by the United States Postal Service, but it will also help the Postal Service and the Department of Defense become more efficient."

Soldier's Scene

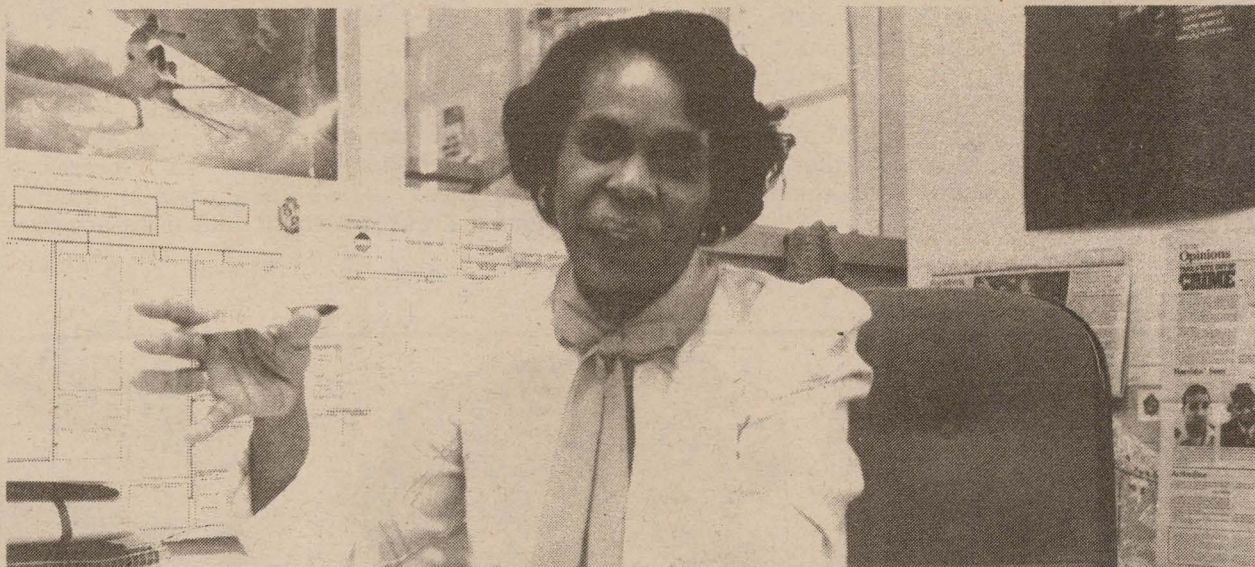


photo by Liz Greeley

"In this man's world you have to be at least as qualified [as a man], if not more," says Marjory Hill.

PSF names Woman of the Year

by Liz Greeley

A civilian employee from the Comptroller's Office was named the Federal Women's Program (FWP) "Woman of the Year" at the Women's Equality Day luncheon on August 24.

Marjorie E. Hill, supervisory management analyst for Force Development was named "Woman of the Year" at the luncheon recognizing the anniversary of women's suffrage.

She received an Army Certificate of Achievement for her support of FWP goals; which included:

- Upgrading jobs.
- Securing training for workers that normally was available only to higher graded employees.
- Obtaining exceptions to grade ceilings.

Hill's efforts created a career ladder in Force Development and allowed women (and men) to advance to better paid and more responsible positions.

In presenting the Certificate of Achievement, post commander Col. Eugene D. Hawkins said, "She is just one of those Presidians who is charging ahead all the time."

"She advanced to GS-12 through a thing called luck—would you like me to spell it for you? Luck, H-A-R-D W-O-R-K."

Hard work? Judge for yourself.

Hill started working for the government as a GS-2 clerk typist for the Navy. In 1962, she transferred to the Presidio as a typist on temporary hire; she was now a GS-3.

"Once you get in that clerk rut, it's hard to get out," she said.

Some of the credit for her getting out of that rut goes to her first Army boss—Sixth Army's Ned Stone, since retired. Stone saw that Hill was really working far above her clerk typist responsibilities and encouraged her to take a management assistant position, telling her she was wasted

in her current job.

"Ned Stone just sort of shoved me out of the nest."

"A lot of people [in today's workforce] have a lot of potential and just need a little nudge," she said.

When asked what career advice she would give other women, she said, "Manage your career—ask yourself, 'where do I want to go?'"

She advises setting career goals, going to school, attending seminars and getting training on the job.

"Give your career every possible chance," she said.

Giving your career a chance according to Hill, means taking classes that are *directly related* to your career goal, sifting the advice you get from others, and sticking with your own game plan.

Obstacles? You say it's too hard? You won't get much sympathy from this woman who raised two children and put them through college while building her career. It's hard, she admits, but that is no excuse.

Is she a Wonder Woman? Well, she *did* have help.

"My husband helped me an awful lot," she said and described evenings he took care of things just so she could have a night off to relax.

As an individual, Marge Hill has come a long way and she has helped others on the path to success. But as a group, women still have a long way to go—a fact forcefully brought home by the Women's Day Luncheon speaker, San Francisco Supervisor Louise Renne.

"It is a fact, for example, that salaries for dog pound attendants, primarily men, far exceed what people who work at child care centers earn—primarily women," Renne stated.

Where to go from here... Perhaps Col. Hawkins summed it up best when he said, "It's still an uphill fight, and all I can say is, 'Get out there and fight!'"

Opinions

TAKE A BITE OUT OF CRIME

Many drivers believe it's their right to drive a vehicle upon the public roadway, and therefore, requirements on the use of safety equipment are considered by them as optional or discretionary.

That belief couldn't be more wrong! Driving on the roads is a privilege and by your sitting behind the wheel indirectly binds you to voluntary compliance, especially when others have property and/or lives "at stake."

Some areas uncovered by the Military Police through observation, complaints and/or violations recently are non-compliance with the following regulations:

- **Seatbelts**—when installed, all Army drivers shall ensure that he/she uses these or other restraining devices. The operator and senior operator shall ensure all passengers use seatbelts/restraining devices before starting the vehicle. This applies off-post as well as on-post. Further, children under four or 40 pounds and less must also be restrained accordingly when driving a vehicle on or off-post.

- **Passing school buses**—when approaching a school bus flashing red lights and whether receiving or discharging any school children or not, the driver must stop his vehicle until the red lights are off.

- **Crosswalks**—vehicles must yield to any pedestrian in or crossing within marked crosswalks or at any unmarked cross-walk at an intersection. Of course, this doesn't free the pedestrian from using due care and caution either.

Webster defines accidents as "an unforeseen or unplanned event." If we knew when an accident was about to occur, we would take necessary steps

to avoid it. Since we can't predict all accidents, we must then plan to prevent or reduce accidents and the severity of them—especially when innocent, small and unprotected children are involved.

Accidents, unlike other major events, will always stay with the person involved throughout his or her life. This is especially true when there is the loss of life, limbs and/or property. We have preserved and learned from the past; let's try to preserve the future by remembering those past lessons. An accident is waiting to happen—let's hope you're prepared.

Crime report:

- Person(s) unknown broke into a parked POV (privately-owned vehicle) at the LAMC parking lot and stole a stereo.

- Person(s) unknown stole a car battery from a POV which was parked outside bldg. 1027.

- PX store detectives caught a retired soldier inside the Main PX trying to leave with a leather jacket without paying.

Ramblin' Sam

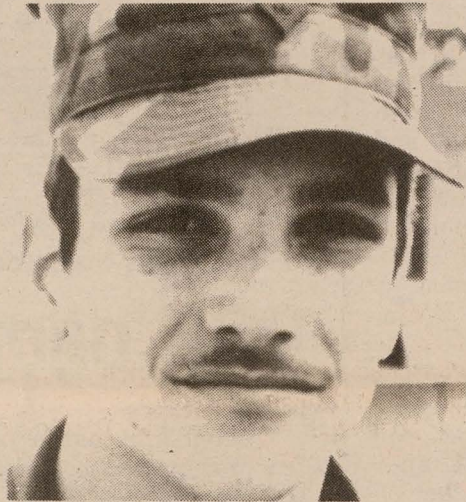
"Should ex-spouses share pensions?"



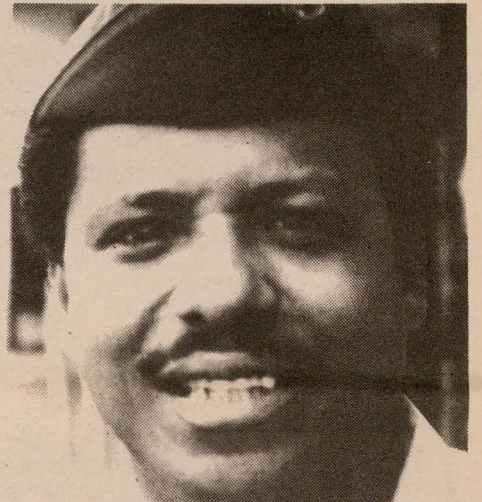
Sp4 Connie Holmes, social work service, LAMC, I feel they should definitely share pensions. I had a patient who was married 32 years; she was a blind diabetic. He divorced her for a younger woman. She didn't work, so she couldn't get social security."



Mary Basham, family member, "No, I don't think so. Anything earned after the marriage is dissolved shouldn't be split."



Sp4 Joe Romatowski, mail clerk, 6th Recruiting Brigade, "No, I don't think pensions should be split, not at all, because if the husband works all his life, his wife doesn't deserve it."



Sp5 Eric Randolph, preventive medicine, LAMC: "Yes the pension should be split because of the time they had to endure moving from station to station and giving up their own jobs."

Dear Editor...

Letter of Thanks

Dear Ms. Greeley:

Thank you for writing the article on the Summer Youth Employment and Training Program in your August 17 issue of the *Star Presidian*.

When I requested you include a story on our summer jobs program for San Francisco youth I hardly expected front page coverage. I was able to meet two of the youth in your story, James Natividad and Tommy Sa, and I found them both to be exceptional young men on their way to successful careers. I think you made

a good choice in selecting both technical and mechanical jobs to balance the story. My favorite line was: "finding office work shouldn't be too difficult since her typing skills keep her frequently returning for more work." She's a real self-starter.

We really appreciate the quality jobs that have been provided to train our youth by the staff of the Presidio. I can't say thanks enough.

Thomas Swinnerton
Summer Youth Employment &
Training Program
Private Industry Council
1748 Market Street
San Francisco, CA 94103

Ooops, we goofed!



In the August 24 edition of the *Star Presidian* we ran a story entitled, "Special Forces—The men who fight to liberate the oppressed" on pages six and seven.

We erroneously credited both the story and photos to staff journalist, Pat Barham. While Pat did a marvelous job on the story, those great action shots were taken by Phil Gonzales of the 3rd Bn., 12th Special Forces.

We humbly apologize to Phil Gonzales for the error and hope he will accept our sincerest and most abject apologies.

The Editor

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He saved 30 seconds ...and lost a lifetime

by Liz Greeley

Mists part and a sign up ahead reads 'Pearly Gate Accident Registration'.

An official with an AR (Accident Registration) armband is walking down a line of registrants with a clipboard and a checklist.

"Name?"

"SFC Joe Smith, SIR!"

The 'Sir' isn't necessary, we're all on a first-name basis here, Joe. Type of accident?"

"Motor vehicle."

"You were driving your car?"

"Yes...uh, er...Al, that is what your nametag says?"

"Yes, Joe. What happened?"

Well, I was on a PCS (uh, that's a permanent change of station) to Germany. My wife and kids and I were driving across the country. I...I guess...well, I guess I fell asleep at the wheel."

"Yes, that checks here. Were you wearing your seatbelt?"

"Uh, (ahem), no, Sir...I mean, Al."

(sigh) "What about your wife and children, Joe?"

"Oh, yes! I always make them buckle up and 'make it click', I tell the kids. I wouldn't want anything to happen to them."

"Why weren't you buckled up then?"

"Well, see, Al, it was like this. I was buckled up. But I stopped to put some gas in the car at one of those self-service stations and when I got back in the car...I...well...I must have forgotten..."

"No, that doesn't check, Joe. According to my records, you got

back in your car, *thought* about fastening your belt and decided, 'Hey, I'm too tired and it's only 50 miles to Dad's anyway.' And I quote."

"How did you know that!"

"Joe, remember where you are. We're in the business of knowing these things."

"Oh."

"Didn't you realize that in most of the foreign countries (29 so far) that have adopted mandatory seatbelt laws, there has been a 15 to 30 percent drop in traffic injuries and fatalities?"

"No, I didn't."

"Well, it's true, Joe. The state of New York is adopting a mandatory seatbelt law, too—effective January 1, 1985."

"I hadn't heard."

"Tell me, Joe, when you got back in your car at that gas station, with Kim and Kenny asleep in the back, did you think about what they and your wife—since they were buckled up—would do without you in case something did happen on those last 50 miles? What will they do now that you're gone, Joe?"

Joe couldn't answer. He stood with head bowed as a single tear glistened a silvery trail down his cheek...and disappeared.

"It's such a shame, Joe. It takes so little time to buckle up and 'make it click'. Next?"

(Editor's note: An Army-wide seatbelt awareness campaign called "Make It Click" is underway, specifically targeted at the traditionally high-casualty Labor Day weekend).



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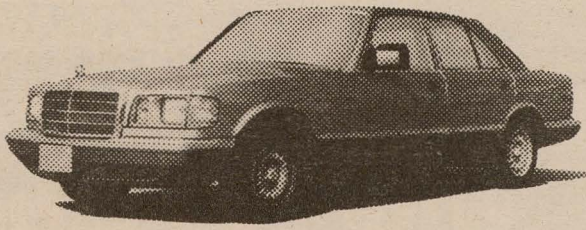
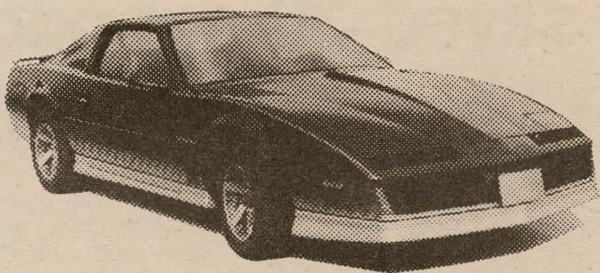
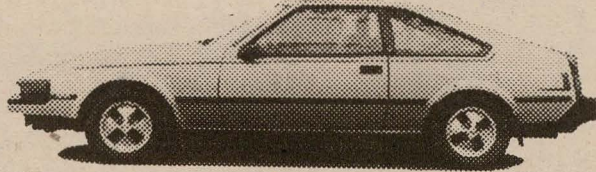
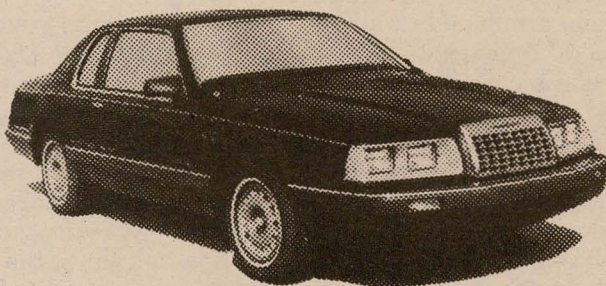
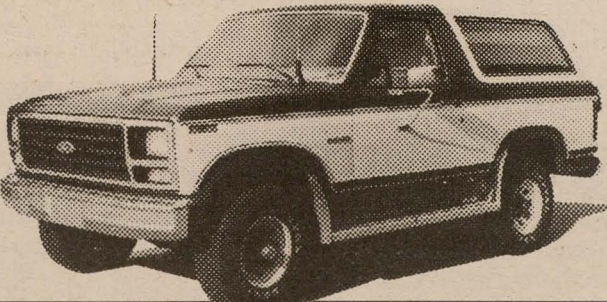
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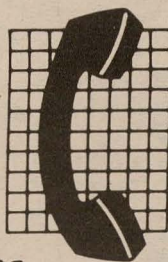
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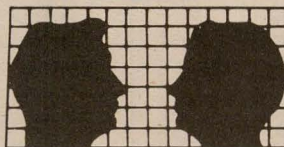
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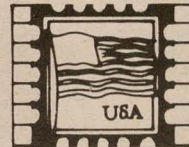
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News Feature

Should ex-spouses share military pensions?

by Pat Barham

The Uniformed Services Former Spouses' Protection Act became effective Feb. 1, 1983. For many soldiers this piece of legislation may make a big change in the amount of retirement pay that they will receive after serving their time in the Army.

In a decision by the United States Supreme Court on June 26, 1981 in the **McCarty v. McCarty** case the high court's decision determined that federal law preempted individual states from dividing military retired pay as part of the distribution of community property in a divorce proceeding.

Before this decision, military retired pay was treated as divisible community property by courts hearing divorce cases in community property states.

According to Capt. Jon L. Frobish, a legal assistance officer for the Presidio, the reversal of the McCarty decision as passed by Congress in the Uniformed Services Former Spouses' Protection Act just places the problem of making a decision on retirement pay in state court hands.

There are several factors that have to be looked at by the courts in making the decision whether the spouse receives part of the soldier's pension. The particular state in which a person files for divorce or gives jurisdiction to determines, in some cases, how the retirement pay is to be handled.

Frobish said, "A good example of this is the state of South Carolina. In Carolina military retirement pay is not considered as community property. Within the courts the state sees the money as another source of income and it is divided using that basis. The state of California however, does consider the retirement pay as community property."

This is not to say that if you live or reside in the

state of California or give jurisdiction to the state that the money or part of it will be granted to you. Besides the state, the particular facts of the case are a determining factor. If the spouse worked, is physically handicapped, or there are individual circumstances which have a bearing on the case, they will be taken into consideration.

And then there is the judge who is presiding in the case. Interpreting the law can take many forms and everyone is not guaranteed the money or benefits which they think they are due.

Should a person receive a judgement which finds they are eligible to the retirement pay, the new law provides for a direct payment from the Army Finance Center at Fort Benjamin Harrison, Ind., but only if it is specified in the divorce decree. There are limitations on the amount of retirement pay that may be awarded by state courts as marital or community property—to a maximum of 50 percent for a single court decree and a total of 65 percent for multiple court orders for separate support obligations or property awards for different payees.

And there are other stipulations concerning the payment of retirement pay. If the former spouse was married to a soldier for at least 10 years while the soldier was in the Army, he or she can now demand that the finance center issue them a separate check to enforce a court order division of property.

Unremarried former spouses who were married 20 years to soldiers while the military spouse performed at least 20 years of creditable service are entitled to full medical, commissary and exchange rights. A divorced servicemember also can elect to designate the former spouse as a **beneficiary under the Survivor Benefit Plan (SBP)**. This designation must be based on a separation agreement to that effect. Courts are specifically prohibited from ordering a person to designate his ex-spouse as a beneficiary under the SBP plan.

For the soldiers' protection, the law requires that unless the court has jurisdiction over the soldier by reason of his or her residence in the state (unless that residence is solely due to compliance with military orders), or consent to the court's jurisdiction, the court cannot make a judgement regarding his or her retirement pay.

Under the federal statute, a California court could not divide the retired pay of a person whose home is in Mississippi and serving at the Presidio, unless the person consents to the court's jurisdiction.

Under California law, however, the servicemember's physical location within the state gives the court *in personam* (in person) jurisdiction over him. Frobish said, "There are still a few conflicts within the system that will have to be worked out between the state courts, but apparently, this conflict between federal and state laws has been left for judicial resolution."

Those individuals who may have had a judgement before to the McCarty decision will stand but those divorce decrees issued after McCarty June 26, 1981 which awarded a portion of the military retired pay to the nonmilitary spouse are enforceable by the courts.

The new statute clearly reverses the McCarty decision and empowers state courts to divide military pay as the state sees fit. For many soldiers and their former spouses, this legislation is just the beginning of a new door opening in the judicial system which will affect the military and the family members who accompany the soldiers through their terms of service.

For more information on the statutes or guidelines concerning a case, Frobish recommends that you come by the SJA office and make an appointment for consultation.

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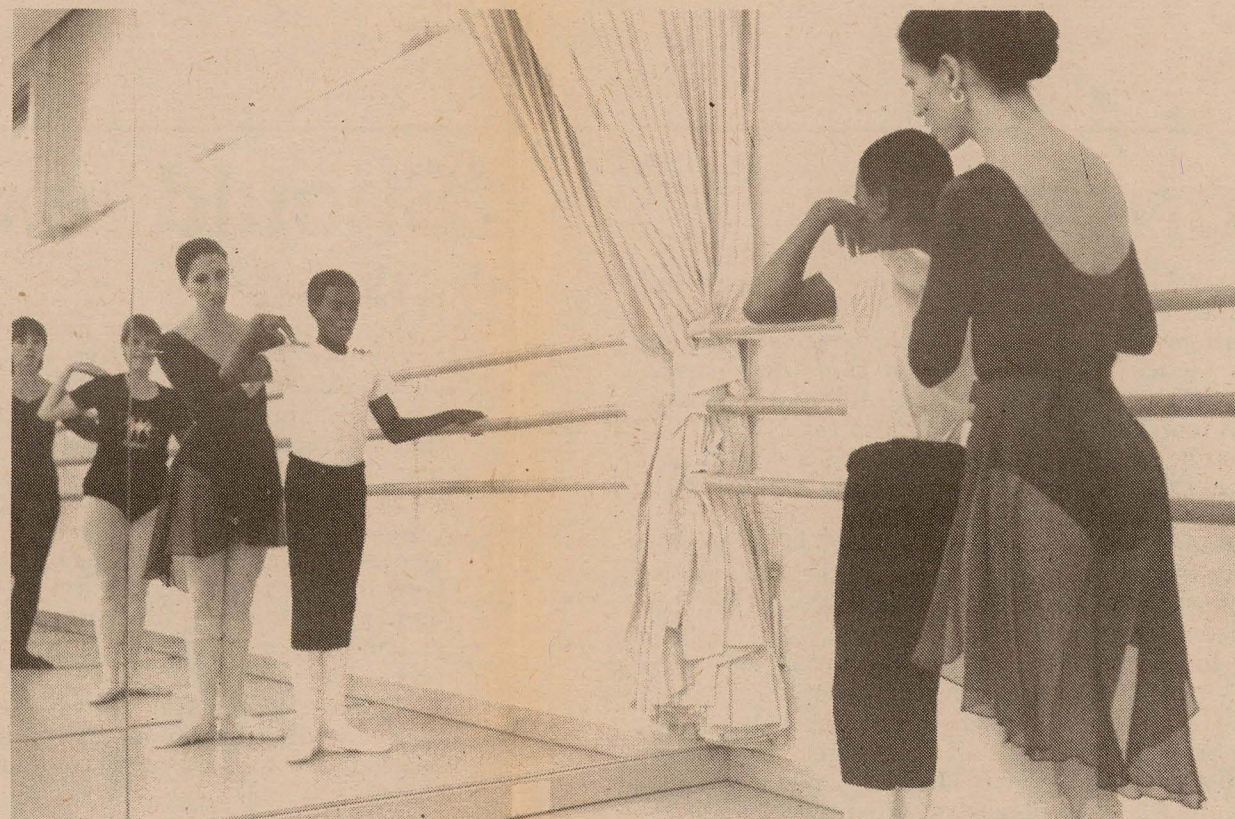
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Mary Wood shows Danon the correct form for the "fifth" position during ballet class at the San Francisco Ballet.



Ballet instructor Mary Wood corrects positioning for exercise, using the mirror to bring home her point.



Ballet class members get in the "fourth" position. Danon Tate shows his ability in the foreground.

Breakdancer

Soldier's son wins ballet scholarship

story and photos by Bob Walker

About nine months ago, the San Francisco Ballet conceived the idea of giving ballet scholarships to four breakdancers, with the belief that it could give birth to professional dancers.

Danon Tate, the then 12-year-old son of SFC John Tate and Barbara Tate, won one of the scholarships. SFC Tate is an administrative NCO with Sixth Army DCST (Deputy Chief of Staff, Training).

Danon and 17 other breakdancers became the San Francisco Ballet Breakers, as a result of breakdance competitions. Some of the breakdancers performed at engagements such as the Democratic Convention and the Los Angeles Olympics.

Danon's performances include engagements at the Embarcadero Center, Stanford University, a Run-a-Thon at Marina Green, and Richard Pryor's induction into the Black Filmmaker's Hall of Fame.

Danon even got a night out on the town with the premiere of the movie *Breakin'*, which included a family dinner party at a night club afterwards. Danon's appearance on *AM Weekend* in April, along with fellow breaker John Spencer, age 15, gave the breakers more experience and public exposure.

Beverly Duncan of the San Francisco Ballet taught Danon and the Breakers new skills and techniques.

Duncan said, "Danon has a whole lot of talent. He's very interested in ballet—his talent is really growing. He's working on doing back spins faster and crisper." Breakers in the class ranged in age from 12 to 21.

Meg Madden, manager of the San Francisco Ballet Breakers said that the group is a professional breakdance group which is being booked a lot. "They get paid well and will last as long as breakdancing is popular."

"Danon is very special to us, he's a model student. A lot of people say he's an ideal student and a good example to the other boys. He's enthusiastic and very positive," Madden said.

Danon has taken ballet lessons for about a month now from the San Francisco Ballet.

"It's fun, you know—it stretches your muscles for the 'flair' and the 'gyro' [breakdancing moves]. They take a lot of strength. Ballet is really, really hard; it's pretty fun," Danon said.

Danon's ballet instructor, Mary Wood said, "Danon is very enthusiastic. He has a real enjoyment and talent in movement which really shows."

"The field of dance is very wide. Through breakdancing, Danon shows a talent for ballet. Ballet is pretty much required regardless of the type of dance pursued. Danon is acquiring discipline by taking ballet lessons."

Danon, now 13, is the youngest student in his ballet class; the oldest person is in her 60's. When asked about this fact, Danon said, "I was afraid of being in the adult class at first. I used to think, 'What if they're better than I am and they laugh at me?' Now we laugh *with* each other if we make a mistake, instead of *at* each other."

Danon and his family have made sacrifices because of his dancing. "I can't play baseball, basketball or football because I don't have time. Football is dangerous; I could get hurt. If I hurt my knee I wouldn't be able to dance, so I must stay away from dangerous sports. I also don't eat as much now."

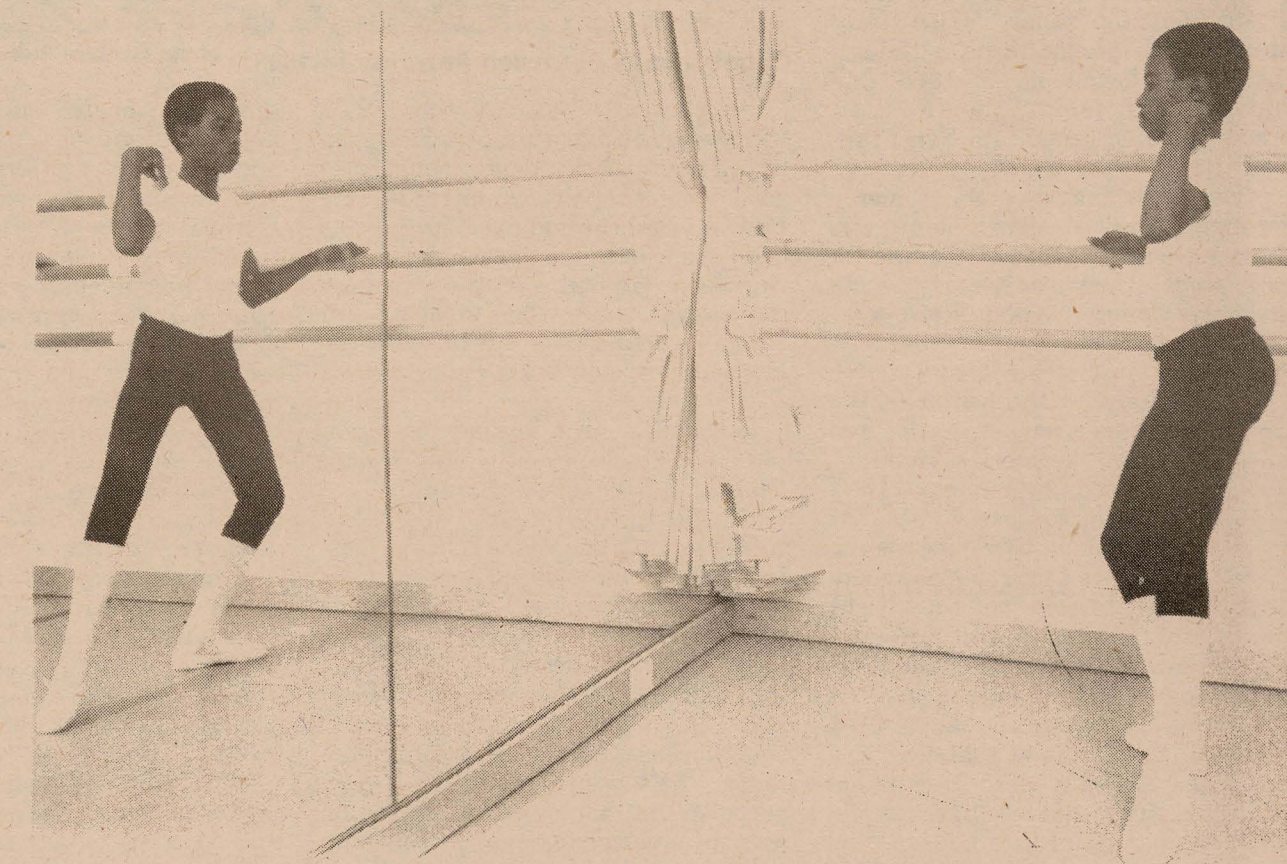
Danon's mother said, "His appetite has cut down a lot. Danon's dancing has changed things a lot. We can't go places at night because of his classes and we can't go away in our motor home on weekends. But it's a sacrifice worth making."

Danon wants to become a professional ballet dancer, he says. Madden said that Danon would like to become a "premier danseur."

"I have to practice every day, listen to instructions and try hard," Danon said.

Danon's mother said that he is getting famous already. She said "After his TV appearance, kids on the school bus asked for his autograph. One day I received a note from the bus driver asking us not to let him give autographs on the bus. The driver couldn't maintain order with Danon giving autographs."

Will Danon become a "premier danseur" one day? With a lot of hard work, he could make it—he's already had his big 'break'!



Danon observes his positioning as he does a "plie."

Features

How to trade in those stripes for bars

by Bob Walker

You're an active duty enlisted soldier who wants to make the Army a career; you want to make the best of it by becoming an officer. How do you go about it?

If qualified, you could do as Sgt. Dave Salas did, going into the Simultaneous Membership Program of ROTC.

Salas, who joined the Army right out of school in 1974, put in a four-year hitch with the 82nd Airborne. Then he left the Army to go to a junior college for two years. After that he got married and then reenlisted, getting stationed at Ft. Ord, Calif., then San Jose State ROTC sent him a letter saying that he was qualified for ROTC training.

"That got me thinking about ROTC. I talked it over with my wife, my parents, the company commander and lieutenants who went through ROTC. I weighed the pros and cons and decided to go for it. I received an

early discharge to enter the ROTC program. I looked for a major to help me get into a diplomatic corps and San Francisco State had the best program. The University of San Francisco had the ROTC program for the area.

"My wife basically is supporting me right now. I get \$100 a month from the ROTC program and the GI bill pays \$407 a month while I'm going to school," Salas said.

Salas was put into the third year of the ROTC military science program because of his two years of college and military experience and is about to begin his final year of ROTC training.

He was initially put in a leadership assessment program that put him in different circumstances to show how well he could handle them, delegate assignments and evaluate communication, including a fictitious debriefing.

Salas then went right into leader-

ship management which teaches leadership principles and theories. The spring season took him into principles of war and small unit tactics and then he will learn about military law and military ethics in his fourth year of ROTC.

Salas said one of the hardest things for him in ROTC was getting used to the other ROTC students with no experience and little understanding of the Army. Working with women was another problem he had to overcome because of his all-male infantry background.

According to Maj. Michael Phillips, professor of Military Science at USF, ROTC is very competitive. "I have to be honest with people; not everyone goes on active duty. Each individual competes for active duty assignments. Some will go to the reserve forces after commissioning. The desires of each individual are taken into account in that regard. It is competitive, but if they want to go

into the reserve forces they can," Phillips said.

Those needing financial help may apply for two or three-year scholarships which pay full tuition, books and fees. To attend the USF ROTC, people must first be accepted at a four-year college or university in the Bay Area. Also, other than for nursing degrees, people must be no older than 30 years of age the year they are commissioned from the ROTC program.

2nd Lt. Marvin Green, USF ROTC recruiting officer said, "We're not in the numbers racket. If a person is better off to go direct commission or to go to Officers' Candidate School, we suggest what's best for them."

So if you have the motivation, desire and ability to make it through ROTC, call 561-6284. ROTC could put you in a uniform with bars on your shoulders and a career as an officer in the United States Army!

The comandante's daughter and the count—a romance

by Melvin Wong

When California was a pastoral land of ranchos, missions and pueblos, there occurred a most romantic story—right out of a Hollywood script.

In the early 1800s, the Presidio of San Francisco was the northernmost Pacific outpost of a vast Spanish empire that stretched to the tip of South America. The Presidio's presence was meant to deter foreign (the British were in Canada and the Russians were in Alaska) expansion into California. Although the land was beautiful, life itself was bleak for there were only a few thousand Spaniards in all California.

The monotony was occasionally interrupted by supply ships from Mexico and foreign ships, although these were forbidden. In 1806, one such foreign ship, the Russian schooner *Juno*, sailed into San Francisco Bay.

The Russians were on a mercy mission; their Alaskan colony was starving and they came to trade for provisions. Their leader was the impressive Count Nikolai Rezanov—chamberlain to the Czar of Russia. Russia.

Fortunately for the Russians, the Spanish commandant, Arguello, was absent. Hence, the local community was unrestrained and extended their hospitality, being anxious to see new faces and hear news. Rezanov was invited to dine with the acting commandant; it was then he met the absent commandant's daughter—Dona Maria de la Concepcion. Legend has it that it was love at first sight.

She was probably the most noted beauty in California at that time and has been variously described as enchanting, lively and intelligent. Raised in proper Spanish tradition, she was an unspoiled sixteen-year old when she met Rezanov.



Count Nikolai Petrovich Rezanov in 1803. photo courtesy Presidio Army Museum

In contrast, Rezanov was 42, a widower and adventurer. He had seen the splendor of the Czar's court and was privy to political intrigue. He had traveled throughout Europe and had even been to Paris and met Napoleon. He had seen the vastness of Siberia and the mystery of Japan—a man of the world, whereas Dona Concepcion knew only colonial California.

The aristocratic Rezanov was tall, dark and handsome—the ideal Prince Charming from across the sea.

Then Arguello returned and refused to permit trade with the Russians. In turn, Rezanov wooed and won the impressionable Dona Concepcion; she was instrumental in convincing her father to reconsider.

Finally, trade barriers were relaxed.

Cynics claim Rezanov took advantage of the senorita's affection and innocence. Yet, his love for Concepcion was sincere, as witnessed by his mid-winter trek across Siberia to obtain the Czar's approval for their wed-

ding. Obviously, such a marriage might benefit the Russian Alaska and Spanish California. However, such arrangements were common in Europe.

Although parental consent to marry was given, it was necessary to obtain further approval because of Rezanov's Russian Orthodox religion. He would travel to Europe to seek the Czar's permission, then the King of Spain, and finally, to Rome for the Pope's blessing. Rezanov then would cross the Atlantic to claim his bride, a round-the-world trip of two years.

Dona Concepcion, in the interim, probably imagined herself adorned with jewels and furs, dancing in the glittering Russian court in St. Petersburg (present-day Leningrad).

On the eve of Rezanov's departure, a mass was said at the mission celebrating the betrothal. Last farewells were said between the couple. After six weeks in port, the ship *Juno* was laden and departed (May 21, 1806) amidst cannon salutes. It is

possible to imagine a tearful Dona Concepcion watching from ashore as the *Juno* sailed through the Golden Gate and beyond.

While crossing Siberia, Rezanov fell ill and instead of awaiting recovery he impatiently continued. He fainted, fell from his horse...and died. Tragically, Rezanov died in desolate central Siberia (March 1807) less than a year after leaving his beloved in warm and lush California.

Meanwhile, Dona Concepcion spent the prime of her youth waiting for her beloved Rezanov to return.

Years later other Russians returned to California and built a post north of San Francisco called Fort Ross. Eventually, Dona Concepcion learned of Rezanov's death from them.

Such was her faithfulness to her memory of him that she rejected all other suitors and became a nun, devoting her life to God and charity.

Still later (1842), Dona Concepcion finally heard the details of Rezanov's end from a British official who served in the arctic north.

That official was the governor of the Hudson's Bay Company in Canada, who later wrote of his impression of Concepcion; even at age 52, "he could still discover in her face and figure, in her manner and conversation, the remains of those charms which had won for her youthful beauty Rezanov's enthusiastic love."

The great romantic story of the star-crossed lovers of Spanish California ended when Dona Concepcion died in a convent at age 67 on Christmas Eve in 1857.

Dona Concepcion's final resting place is in Benicia, northeast of San Francisco, overlooking the waters that Rezanov sailed into one fateful day.

Perhaps, even in death, she watches and waits for his return.

Community Calendar

Recreation Center

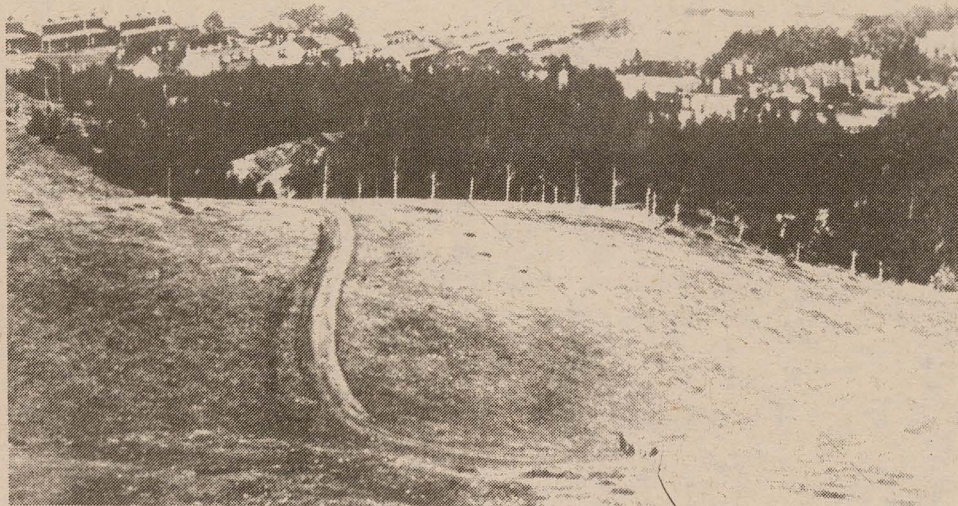
LABOR DAY WEEKEND EVENTS: Join the Recreation Center on a Tour of Great America, Sat., the 1st of Sept., then on Sun., Sept. 2nd, a Tour of the Scottish Gathering and Highland Games, then we complete the Holiday with a Rusty Rifle Picnic on Monday. Come join your friends at the Recreation Center for a Family Holiday.

TAKE TIME OUT FOR A TOUR: The Recreation Center offers the following Tours for Sept: (1) Marriots Great America, Sat., Sept. 1, 10 a.m. - 6 p.m., \$15.00; (2) Scottish Gathering and Highland Games, Sun., Sept. 2, 9 a.m. - 6 p.m., \$13.00; (3) Korbel Winery Tour, Sat., Sept. 9, 12 noon - 4 p.m., \$5.00; (5) Oakwood Lake Resort, Sat., Sept. 22, 9 a.m. - 8 p.m., \$15.00.

GUITAR LESSONS: Group or individual Guitar Lessons, start at the Recreation Center Thurs., Sept. 20. \$10.00/½ hr. private lesson or \$10.00/hour group lesson, minimum 3 persons. For more information call the Recreation Center 561-2000 after 2 p.m.

VOLKSMARCH MEETING: Help plan the fun, come Sun., Oct. 14 the Presidio will have another Great Volksmarch Club meets at the Recreation Center, bldg. 1331, Thurs., Sept. 6 at 6:30 p.m.

TOURS: Sign up for all tours at the



Historic photo

A view of the post in 1895.

U.S. Army photo

ITT office, Bldg. 385 (old Play House) between the hours of 11:30 a.m. - 1 p.m.; 2 p.m. - 5:30 p.m. Mon.-Fri. (phone 526-3992). Discount tickets and Tour sign-ups are available at the Recreation Center after 2 p.m. on the weekends and after 6 p.m. on the weekdays. (phone 561-2000).

Fall activities 'coffee'

The Presidio Officer's Wife's Club and the Letterman Women's Auxiliary invite all wives to attend the

annual fall activities sign up coffee to be held on Thursday, September 13th, at 10:00 a.m. at the Presidio Officer's Club. We are looking for anyone who would be interested in teaching a class this fall. If you have any ideas or suggestions we would like your input. For further information and suggestions please call Sharon Freeman, 221-3886 or Helen Tolfa at 563-5540.

Presidio Girl Scouts

The Presidio Girl Scout registration for 1984-85 will be Wednesday

night from 6:30-8:30 p.m. at the Presidio Girl Scout House, bldg. 566 (Ruger St.)

A parent must be present to register the scout, sign the medical power-of-attorney (a notary public will be present), fill in a health form, sign general and camping permissions and pay fees. The health form needs the date of the scout's last tetanus shot, plus the name, address and phone of an alternate emergency person (other than spouse).

The Girl Scouting program is broken into four groups: Brownies, grades 1-3; Juniors, grades 4-6; Cadettes, grades 7-9; and Seniors, grades 10-12. We have three Brownie troops, two Junior troops (hopefully we'll add a third Junior Troop), one Cadette and one Senior troop.

Fees for Girls Scouts are \$3 national registration fee for all scouts, plus \$12 yearly troop dues from Brownie and Junior troops or \$22 yearly troop dues for Cadettes and Seniors.

Girls will be placed in troops on a first come, first serve basis and parents who volunteer as leaders or assistant leaders can place their child in the troop they choose.

Adult volunteers are needed as leaders, assistant leaders, cookie and calendar chairmen, drivers, camp leaders, etc. Please help!

To volunteer or ask questions, call Patty Brown at 922-4691.

...the write stuff...

by Richard Wetzel

SO!!!...you don't like to dine, wine or dance and you think today's movies have too much violence in them. You say you don't feel safe on the city buses, cabs cost too much, driving in heavy traffic is a pain and you're too lazy to walk. Everything is either too expensive, too hard to get to or not anything you're really interested in...

If you're stupid enough to believe any of the above, you might as well stop reading this now and pick up the television schedule, (maybe you can catch a rerun of *Gilligan's Island*). This article isn't for you and neither is this city. Maybe you should just pack your bags and move to Kansas...or better yet, Alaska...(hint, hint).

Perhaps one of the best ways to destroy myths like those previously mentioned is to join the Presidio Recreation Center on the Newcomers San Francisco Tour, Sunday, September 9. This two-hour tour is open to all soldiers, family members and DOD employees with an open or closed mind. Total cost for this eye-opening experience is \$5...sign up for this and other tours sponsored by the Rec Center at the ITT Office, bldg. 385.

If you're interested in the city's history, the Exploratorium, 3601 Lyon St., will be showing films on Old San Francisco, including *Market Street, 1905* and *The Innocent Fair*. The films roll September 8 and 9 from 1 to 5 p.m....

Another good way to see this city of Seven Hills (actually there are some 40 hills in San Francisco, but then, who's counting) is by city bus,

which, contrary to some opinions, are indeed safe to use, provided you're not a fool and follow some simple, commonsense rules (i.e., don't flash your cash, use the buddy system and always, I repeat, always wear clean underwear). Cost for the bus is 60 cents, which includes a transfer slip (no, that isn't a receipt) usually good for a couple of hours. If you're unfamiliar with public transportation or don't know your way, call 673-MUNI for routing information...

Someone once told me that everything in the Golden Gate Park was green, not gold, and for the most part, that's true...the trees are green, the grass is green, some of the flowers are green...

You could probably spend every weekend of the year in the Golden Gate Park and still never see all of it's 1,017 acres. Besides offering numerous, large areas for picnics, cookouts, ball games, roller skating, frisbee-throwing and kite-flying, you're likely to see roaming buffalo, Dutch windmills and people from all walks of life. The G.G. Park is also host to an array of science and history spectacles.

The Conservatory of Flowers, imported from England in 1879, is the oldest structure in the park and presents just that, an extremely wide variety of flowers...Steinhart Aquarium boasts 14,000 members, including penguins, dolphins, seals, crocodiles. Its 100,000-gallon Fish Roundabout offers sharks, tuna and other ocean fish...other attractions in the park include the Morrison Planetarium, the Strybing Arboretum and

Botanical Gardens with over 6,000 plant species, the Japanese Tea Garden and Stow Lake, with paddle and rowboats. Sunday afternoon concerts of all kinds can be found at the Music Concourse. The Asian Art Museum boasts of nearly 10,000 oriental art treasures and the neighboring M.H. deYoung Memorial Museum displays artifacts from the beginning of time to the present. "Views of a Vanishing Frontier," a major exhibition featuring watercolors and ethnographic and historical objects from an 1832-34 expedition in North America, will be on display at the deYoung Museum from Sept. 8 to Nov. 18.

MUSICAL SNUFF... "I've never heard such corny lyrics, such simpering sentimentality, such repetitious, uninspired melody. Man, we've got a hit on our hands!"...Brad Anderson...whoever he is. *Cyndie Lauper* ("Girls Just Wanna Have Fun," "She Bop"), will play the Berkeley Community Theater September 26...*The Thompson Twins* with *Berlin* will rock the Oakland Coliseum September 23...*Quiet Riot*, *Whitesnake* and *Kick Axe* play the Oakland Coliseum September 22...at the Greek Theatre in Berkeley; *James Taylor* and *Randy Newman*, September 9...*Elvis Costello* and the *Attractions* with *Nick Lowe and His Cowboy Outfit*, September 14...*Yes*, September 21, 22 and *Herbie Hancock* with *Street Pulse*, September 30...

AND FINALLY...if anyone missed the "Stuff" last week, that makes two of us...

At the movies

Presidio Theater

Aug. 31	Indiana Jones & the Temple of Doom (PG)	7 p.m.
Sept. 1	Indiana Jones & the Temple of Doom (PG)	7 p.m.
Sept. 2	Indiana Jones & the Temple of Doom (PG)	2 & 7 p.m.
Sept. 3	Indiana Jones & the Temple of Doom (PG)	7 p.m.
Sept. 4	Indiana Jones & the Temple of Doom (PG)	7 p.m.

Sept. 5	Breakin' (PG)	7 p.m.
Sept. 6	Romancing the Stone (PG)	7 p.m.

Schwartz Theater

Sept. 3	Up the Creek (R)	7 p.m.
Sept. 5	Indiana Jones & the Temple of Doom (PG)	7 p.m.
Sept. 6	Indiana Jones & the Temple of Doom (PG)	7 p.m.

Sports

Post running team

The post running team performed very well at the recent Manufacturers Hanover Corporate Challenge race here in San Francisco. Our men's team placed 10th overall out of 183 teams. The course was a twisting, but flat 3½ miles in the downtown and Embarcadero areas. Over 3,000 runners and 250 corporate teams took part on a nice evening for racing.

Team members were Reggie Humdy (LAMC), Steve (Chaplain's Office), Bob Darling (Sports), Harvey Shields (USACC), Richard Taitague (LAMC), Gary Mevidgy (USAG), Bill Matheson (LAMC), Brett Buckley (USAG), Richard Bayramon (6th Army), Ernesto Marquez (6th Army), Valerie Coppes (LAIR) and Allison Murray (LAIR).

Dance exercise

Tuesday and Thursday, 4:30 -5:30 p.m., 5:45 - 6:45 p.m. Karen Behnke R.N., Instructor.

Monday through Friday, 11:30 -12:30 p.m. Cost per month: \$24 - 8 classes; \$35 - 12 classes; \$40 - 16 classes; \$45 -Daily classes; \$3.50 drop-in fee. Free introductory class!!

Join anytime! Register with instructor at class. Open to all ages, all levels of fitness, both men and women. (Participants are encouraged to exercise at their own pace). Call 561-5120 or 381-3382, for more information.

Flag football clinic

A clinic and meeting of coaches, managers and officials will be held, 1:00 p.m. hours, Sept. 4, at the Post Gym #1, bldg. #63. This is a change from the published letter "1984 Intramural Flag Football competition" dated Aug. 1, 1984. League play is scheduled to start Sept. 10. For more information call the Sports Office at 4120/5032.

Women's fitness

There are more women starting to exercise on post, which is part of the military and civilian trend across our nation. Here on post there are various facilities and sports to accommodate most people.

The following are key features at each facility. Post Gym #1, bldg. 63 This modern facility has a womens



photo by William Malkiel

The winner is...

Lt. Col. Tom Murphy, Sixth Army DCST, sprints for the finish line to win the Commander's Fun Run on August 23. Top women's finisher was SFC Edith Love of Sixth Army DCSPER.

locker room with showers and sauna bath. The sauna is an ideal way to relax after a workout. It is not intended for weight loss! This gym is a good area for jogging along the bay or in the hills.

There is a free exercise class featuring yoga-type stretching and dancing. This traditional class (over 10 years) is held Monday, Wednesday, and Friday, 8:30-9:30 a.m.

Also very popular are the aerobic dance classes (nominal pro-rated fee) held Monday - Friday, 11:30 a.m.-12:30 p.m. and Tuesday/Thursday evening, 4:30-5:30 p.m. and 5:45-6:45 p.m. These vigorous classes are for persons of all fitness levels. Be sure to wear proper workout clothing and shoes and pace yourself.

A neglected aspect of overall fitness is weight-training. Here at this gym is the equipment to start a program to tone and strengthen your

muscles. The universal weight machine and dumbbells are ideal ways to start. Follow instructions on the large chart next to the universal machine. Also ask for advice from other weightlifters when they are resting.

At Post Gym #2, bldg. 1152, there is a womens locker and shower room. This is a good place to start a jog (less traffic) or lift weights. There is an added feature of a new racquetball court and exercise bicycle.

Next door at the swimming pool, bldg. 1151, there is adult lap swim Monday through Friday, 11:00 a.m.-1:30 p.m.; also included is a sauna (co-ed) in the balcony above.

In the Fort Scott area, Gym #3, bldg. 1226 has two racquetball courts and weight-training equipment and exercise bicycle. On Tuesdays and Thursdays, the gym and sauna is open for women only from

5:00-7:30 p.m.

Make a commitment to regular exercise. Have a physical exam if you are overweight, over 30 years old or out of shape. Do it with a friend and have fun.

USAG leading the Commander's Cup sports competition

After completion of 10 events in the 1983-84 PSF Sports Program, USAG has a commanding lead with 201 points followed by H Co, DLI-SF with 122 points.

Commanders cup points are given to units who participate in various sporting events with additional points for attending clinics, order of finish in a league and individuals who compete on post or all-Army level. The following sports have been conducted: flag football, basketball, bowling, boxing, volleyball, softball, cross-country, road race, soccer, golf, racquetball (forthcoming), tennis (forthcoming).

Commander's Cup standings

USAG	201
Co. H, DLI-SF	122
USACC	110
LAIR	109
Co. B, LAMC	103
6th Army	103
Co. G, DLI-SF	89
864th Engineers	74
LEC	73
Co. A, LAMC	59
INSCOM	58
OARB	47
MILPERCEN	44
6th Army Band	37
6th Region CID	19

Men's and women's basketball tryouts

There will be a meeting following try-outs for men, 7 p.m. September 5. Women's try-outs will start 7 p.m., September 10. These try-outs will be held at the Post Gym number 1, bldg. 63.

Aquarians dive back into 'swim' of things

by Jeff Allen

Gabriel Talley, the eight-year-old daughter of Major Gene and Muriel Talley, captured three "A" times at a recent swim meet.

A member of the Aquarius Swim Club, a swim team of Army family members at Letterman Pool, "Gabby" won first place and an "A" time in the 50-yard freestyle, clocking :40.05.

She also swam "A" times with a :19.81 first place finish in the 25-yard backstroke, and took second place with a :17.91 time in the 25-yard freestyle.

Attaining an "A" time is considered a milestone for youngsters who swim under the auspices of United States Swimming, the national body governing amateur swimming in the United States.

The slowest division in competitive swimming is the "B" division, and swimmers train to get into the faster "A" category.

Gabby's brother, Gene, 10, also swims with Aquarius, and captured an "A" time in the 100-yard butterfly during the short-course meet held August 18 and 19 at the James Lemos Pool in Benicia.

It was the first time that Gene swam the event, and finished in 1:38.65.

"I was surprised when I got the 'A' time," Gabby said, "I didn't even know that I was going to get it. I just wanted to do my best."

Gabby, who this fall will enter third grade at John Swett School, said that she doesn't participate in other sports.

"I'm pretty lazy around the house," she added.

Other Aquarius swimmers at the meet were Lisa Palladino, Ted Gallardo, and another Talley, Jeaniene.

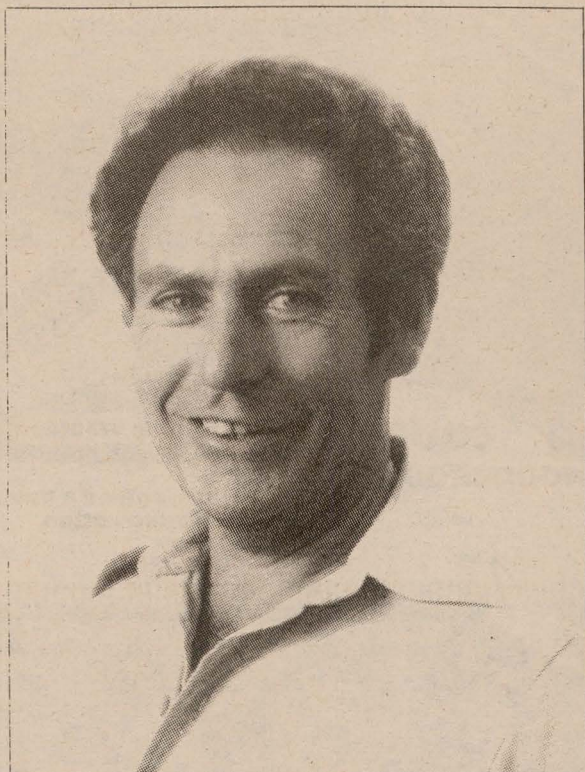
The team's next meet will be in Grass Valley, August 24-26. Swimmers are bringing along tents to camp out for the weekend.

On September 1-3, they'll compete at Indian Valley College for the Ignacio Swim Classic.

Youngsters interested in joining the Aquarius Swim Club must be able to swim one length of the 33.3 yards Letterman Pool.

For more information about the growing team, call 561-3673, 863-7510, or Post Chaplain Jerry Autry at 922-9968.

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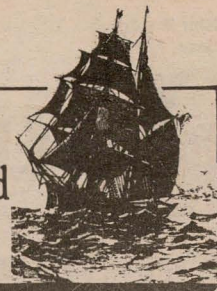
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Star Presidian

Vol. 27, No. 35

"Published in the interest of the people of the Presidio of San Francisco."

September 7, 1984

News briefs

ACS

Father Mike Garanzini, psychologist and teacher at the University of San Francisco, will speak on *Depression in the Family* Tuesday, September 11 at 7 p.m. at the Religious Activities Center, bldg. 682.

Father Garanzini will address family concerns about childhood depression, warning signs of depression and suicide, how to communicate, and prevention and treatment. The emphasis of this evening class will be on taking the mystery out of suicide, and giving family members skills for coping with depression in the home.

The class is co-sponsored by Army Community Service and the Religious Activities Center. Point of contact is David Ciechanowski, ACS, 561-5155/5156.

Testing news

The Graduate Record Examination (GRE) will be given October 16 from 8 a.m. to 12:30 p.m. at the Ft. Scott Education Center. The registration fee is \$29; it is payable by money order no later than September 14.

The Graduate Management Admission Test (GMAT) will be administered October 22 from 8 a.m. to 12:30 p.m. at the Ft. Scott Education Center. The testing fee is \$30; it is payable by money order no later than September 21.

The College-Level Examination Program (CLEP) English with Essay will be given on October 18 from 8:30 a.m. to 11:30 a.m. at the Ft. Scott Education Center. There is no charge. You must order this test no later than September 19.

If you are interested in taking one of these examinations, contact a counselor at the LAMC Education Center, bldg. 1007, 561-3692/4030, or the Ft. Scott Education Center, bldg. 1216, 561-4445/2974.

Hispanic Week luncheon

A cultural observance and a luncheon attended by the highest-ranking Hispanic in the Defense Department will highlight National Hispanic Heritage Week (Sept. 10-13).

The main speaker will be the Honorable Ernest Garcia, Deputy Assistant Secretary of Defense for Legislative Affairs. He has the protocol ranking of a three-star general and maintains liaison with Congress and the Defense Department.

A cultural festival is scheduled at the Main Parade Field on Thursday from 11:30 a.m. to 1:30 p.m. featuring ethnic entertainment, food vendors and information booths.



photo by Melvin Wong

Sp4 Dewitt C. Bradley is possibly thinking "I will be sure always"...the parachute riggers' motto.

Post names August SOM

by Melvin Wong

The Presidio's August Soldier of the Month has a unique and hazardous job—he's a parachute rigger.

Sp4 Dewitt C. Bradley is a 43E (parachute rigger) assigned to the parachute shop at the western end of Crissy Field. To qualify for this duty he has to be on airborne status which requires frequent parachute jumps. Regulations call for a minimum four jumps per year but the Presidio's riggers often do more jumps depending on scheduling, weather, and available aircraft.

Bradley says the duty is demanding, "It requires constant attention to detail because lives are at stake."

To become Soldier of the Month, it was necessary for him to first be selected as Soldier of the Month for the Headquarters Command Battalion. Bradley earned that distinction in June but

could not be scheduled for the post competition. He became the battalion's selection again this month and finally won the post award.

Bradley says he is impressed with the esprit de corps as evidenced by the fine group of soldiers with whom he works. Comments from his fellow soldiers include, "fast learner," "dedicated," "great potential," and "real professional." Bradley enjoys the Army because of "the responsibility given, travel and advancement in rank that can be made. "There is always a goal to shoot for," he says. His goal is to make the Army a career and become a warrant officer. He already has the "blessing" of his commanding officer, CW2 Jesmer, who said "Sp4 Bradley is an outstanding and fine young soldier, there should be more like him and he will go far."

Opinions

Commander's commentary

by Colonel Eugene D. Hawkins

Every four years, the citizens of this nation are called upon to perform a significant civic duty—to cast their votes in the election to choose who will serve as President of the United States for the following four years. That time is upon us again.

As soldiers and civilian employees of the Presidio, we are all aware of the word "duty" and all that it means. Such duties must be performed in order for our organization to function both fully and efficiently. Voting is no different—it is a duty that demands results.

The status of the United States as the leader of the free world is a direct result of the democratic process. Casting your vote, for whomever you feel is the best person for a job, is the foundation of this same democratic process.

The fact that you are wearing the uniform or that you are working for the government in no way alters your privilege, right and duty at the ballot box.

There are many stories about how various elections have been settled by one or two votes. This has happened time and time again in smaller communities. But just how significant is one vote out of the many millions of votes that

When
people
Vote,
people
listen.

are expected in this year's election? Did you know that in the election of 1960, if only one vote had changed in every election precinct in the State of Illinois, John F. Kennedy would not

have been elected to the presidency? Where would history have taken us in that event?

Your vote does count. Your vote, and those of all Presidians, will go a long way in determining the destiny of this nation. It makes no difference if you vote Democratic, Republican, Libertarian or any other political party. What does make a difference is the act of voting itself.

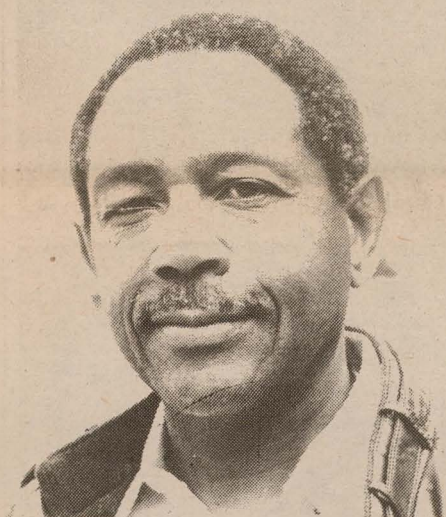
The mechanics of voting are simple. On page five of this newspaper you will find a brief description of how to register to vote by mail through the use of a Federal Post Card Application (FPCA). The FPCA also allows you to request an absentee ballot from your hometown. For California residents, voter registration is becoming even easier than ever before. Many convenience stores and fast food restaurants now provide registration forms.

For the military voter, each unit has a Voting Assistance Officer designated to help you exercise your right to vote.

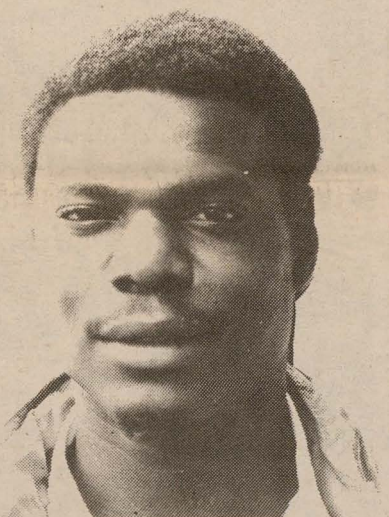
As commander of the Presidio, I urge you to take the time to voice your opinion through the use of your vote. You are in uniform to defend that right. Don't ignore it by discounting its value. Vote and show that you're proud to be a citizen of this great nation.

Rarrolin' Sam

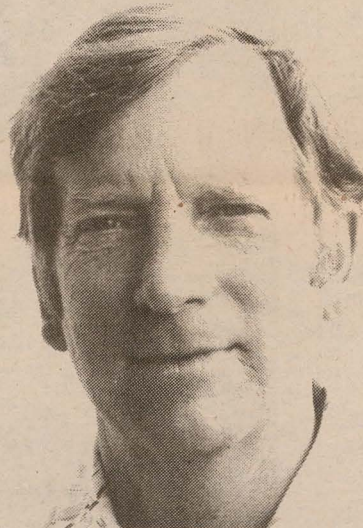
"What subject of conversation are you passionate about?"



CSM Wilbur Jiggetts, 4th Brigade, 91st Division, "Training in the military because I'm a command sergeant major of a training brigade and I believe quality training is critical to the survival of this nation."



Lee Sumpter, bagger, Commissary, "Money and work because bagger's money isn't that great. I'd like to get out of here and get a good job."



Richard Oakes, retired Air Force, "Golf, I can talk about golf with anybody, anytime. Bowling is my second best interest."



Nina Zhitto, Wyeth Labs sales rep, "Medicine and politics—good heavens, there's so much going on, so many changes. You have to be prepared to meet the year 2000."

Dear Editor...

About the chapel

Dear Sir:

My wife and I were through Presidio recently for a dental conference. On Sunday at the recommendation of a friend we attended the Post Chapel. The music was fantastic, the Chaplain great, and the energy of the congregation was like I have never experienced. In fact, we were so impressed that we stayed

around for a religious musical at the Playhouse in the afternoon. It was magnificent. We could hardly believe it, professional in every way.

When we get back to San Diego, we are in a dilemma because we now know what a military chapel can be. Your community is blessed and we could not leave without letting everyone know how we felt.

Taylor and Miriam Sneed

Clearing your quarters

The Chief of Staff, US Army issued his 1983 White Paper entitled "The Army Family." This outstanding document presents a list of what Army families say they need. One item is improved quarters termination procedures—revision of cleaning/clearing policies and a more standardized system.

Anyone making PCS moves within CONUS (the continental

United States) soon recognizes varying policies from installation to installation. Closing out your duty section, clearing post, movement of household goods and clearing of quarters coupled with residing in family billeting and living out of suitcases brings on great stress to families, especially those with young children.

please see page 3

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Although short-lived this stress period or level could be markedly reduced in following a plan instituted at Ft. Campbell, Ky. in 1978. When departing post you essentially have two choices:

- Clean your own quarters and follow the usual process, or...

- Contract with a post housing certified cleaning team at the housing office. You pay the team via the housing office; at that point you've cleared housing. It becomes the cleaning team responsibility to clean quarters to include recleaning if they fail inspection. Any team found failing inspection too many times or not

doing an adequate job is taken off the authorized list.

This program reduces family stress by three to four days of difficult and very expensive living. Something for Presidio to consider.

Wayne A. St. Pierre
LTC, MS

Chairperson, Family Advocacy
Care Management Team

P.S. It should be noted that reduced family stress holds direct relationship to reduced incidence of spouse/child abuse.



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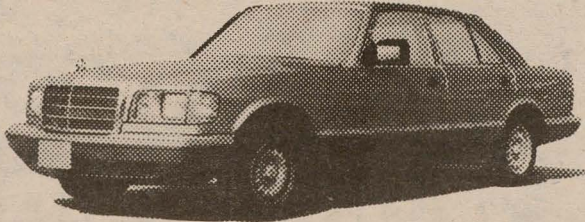
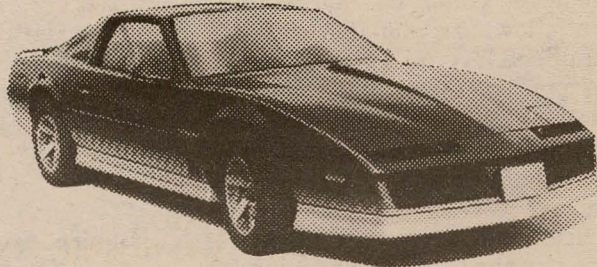
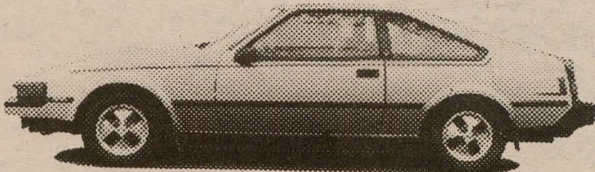
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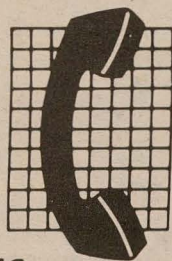
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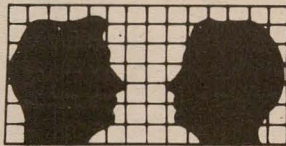
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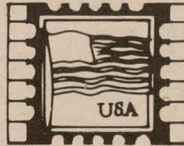
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News Feature

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Notice: Illegible or incomplete information may delay or invalidate your request

APPLICATION FOR STATE OF _____

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CITY OR TOWNSHIP OF _____

§

(Be sure to sign the Application at Item 15 and place your return address on the return post card above)

1. Type or Print Full Name (Last, First, Middle)

2. My voting residence in the U.S. is, Number & Street or Rural Route (For citizens checking 10(g), my last residence immediately prior to my departure from the United States) (See Instruction I):

City, Town, or Village

County or Parish

Precinct No. (if known)

Ward No.

State

Zip Code

3. I am a United States Citizen, eligible to vote in the above jurisdiction.

(a) Place of Birth

(b) Date of Birth (Yr/Mo/Day)

4. If Naturalized:

(a) Place

(b) Naturalization No.

(c) Date (Yr/Mo/Day)

5. (a) Sex

(b) Height

(c) Weight

9. Check one box: (See Instruction F)

(a) I request Federal, State and local ballot, if I am entitled.

(b) I request only Federal election ballot if provided separately by State.

10. I am: (check applicable box — See Instruction G)

(a) a member of the armed forces, uniformed services or merchant marines in active service

(b) a spouse or dependent of (a) above

(c) a U.S. citizen temporarily residing outside U.S.

(d) a spouse or dependent residing with (c) above

(e) a U.S. citizen overseas by virtue of employment (See Instruction H)

(f) a spouse or dependent residing with (e) above

(g) other U.S. citizen residing outside U.S. (See Instruction I)

(h) Special

(See Instruction J)

11. Please mail my ballot to this address: (include zip code if applicable and ensure military or foreign address is complete)

12. The last time I voted was in:

a. Year

Address and County, City or Township

State

b. Voter Registration No.

and Precinct No., if known

Ward No.

13. I have not been convicted of a felony or other disqualifying offense or been adjudged mentally incompetent. (If so, See Instruction I)

How the Hatch Act protects federal employees

by Bob Walker

It's that time of year again when minds turn to thoughts of elections across this great country of ours. As Federal employees, certain regulations must be obeyed.

The Hatch Act regulates political activities Federal employees can and can't do in regards to campaigning and contributions.

The Hatch Act, established in 1939 was a follow-up to the Pendleton Act or Civil Service Reform Act of 1883, both of which protect Federal employees' jobs.

These laws protect Federal employees from political considerations and influence which was a rather common problem with the spoils system. The spoils system allowed party workers, favorites and friends to be appointed to federal offices regardless of their qualifications for the job.

The Pendleton Act of 1883 established a civil service commission comprised of three members, setting up competitive exams to determine how qualified a job applicant was for a Federal position. It established the merit system of Federal appointment based upon ability to perform in a given job.

What can you as a Federal employee do politically?

- You can register to vote and vote as you please in any election. You are encouraged to vote and are allowed leave time under some circumstances to vote.

- You can express opinions privately and publically provided you don't take active partisan positions.

- You can display political buttons or stickers, subject to some job limitations.

- You can support political issues not identified with a political party.

- You can participate in nonpartisan activities.

- You can be a member of a

Federal Post Card Application

Everyone knows that the life of a professional soldier is a very mobile one. And, unless you happen to be stationed in your hometown, casting your ballot for the candidate of your choice can be difficult. That means you'll have to vote absentee.

All soldiers, their spouses and family members, 18 years or older, who are U.S. citizens can vote by absentee ballot in federal, state and most local elections in one's legal state of residence (a federal election is any general, special, or primary election held to select, nominate candidates for the office of President, Vice President, Presidential elector, Member of the United States Senate, Member of the United States House of Representatives, Delegate from District of Columbia, Resident Commissioner of the Commonwealth of Puerto Rico, Delegate from Guam or Delegate from the Virgin Islands).

What is your "legal state of residence?" When it comes to voting, it's the state in which you last resided before joining the Army, or the state you have since claimed as your legal residence. Even if you don't have any formal ties (owning land, for example), an address is needed to place you in your proper voting district.

Procedures have been established at the state level under the Federal Voting Assistance Act (FVAA) to let U.S. citizens stationed away from their legal residences register and vote in local, state and federal elections by absentee ballot.

And the easiest way to do that is to use the Federal Post Card Applica-

tion (FPCA) available at your legal office or from your Voting Officer. The FPCA is accepted by all 50 states as either an application for registration forms or as the registration form itself. Further, most states recognize the FPCA as a request for a ballot. You can also send a written request for ballots to your county or town clerk.

If you are already registered to vote and just want to request a ballot, your FPCA should reach election officials in your town at least 40-45 days before the election. If you want to register and get a ballot, allow more time.

Some states require separate requests for registration and ballots. And most states require separate requests for each election.

Federal Post Card Applications can be mailed free of charge from any APO or FPO mail facilities, all U.S. Embassies and any post office in the United States.

Recognizing that state and local governments have different rules concerning voting, keep in mind that your Voting Officer has information that will give you detailed information on laws for each state. And any questions which can't be answered by a Voting Officer or counsellor should be directed to:

Director, Federal Voting Assistance Program
Office of the Secretary of Defense
Pentagon, Room 1B457
Washington, D.C. 20301

(American Forces Press Service)

part in the management of the organization.

- You can attend conventions and rallies—but you can't manage or conduct such events.

- You can sign petitions—but you can't initiate or solicit signatures in partisan elections.

- You can write to elected officials to tell them how you would like them to vote on issues.

Members of Federal employees families can participate in all partisan activities.

Here's what you cannot do:

- You can't run for a partisan position.

- You can't campaign for a political candidate.

- You can't serve for a candidate on a committee or clubs.

- You can't organize a political party, club or organization.

- You can't receive or solicit political contributions.

- You can't sell tickets to political dinners or the like.

- You can't work at the polls.

- You can't distribute campaign literature.

- You can't serve as a delegate to a political party.

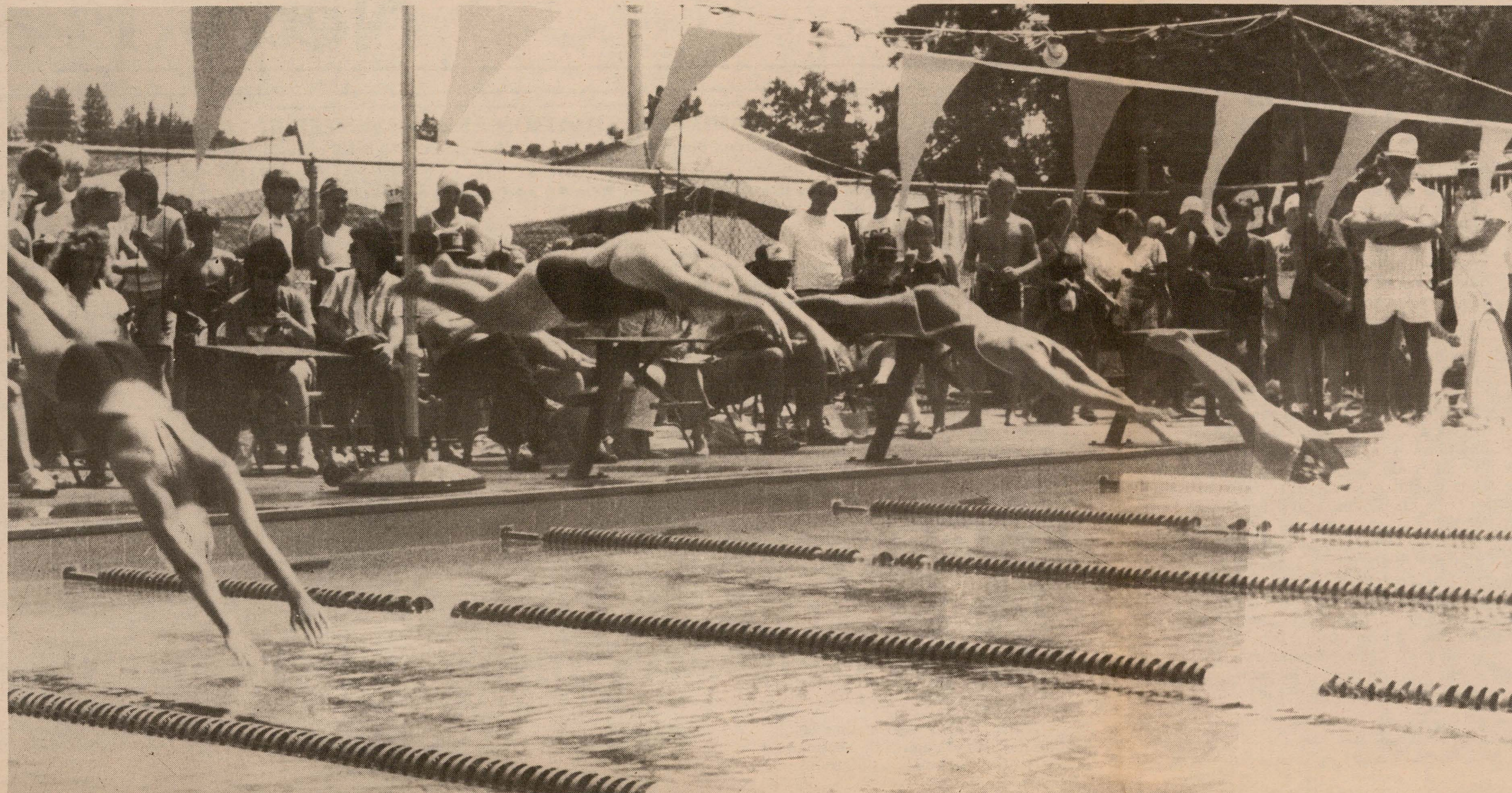
- You can't address a political gathering.

- You can't oppose or endorse a candidate through the media or with campaign materials.

- You can't use your car to take voters to the polls for a candidate or a political party.

This all sounds cut and dried—and it is for your protection and for yours alone. There are also strict penalties for not complying with regulations. If you have any questions about any activities you'd like to take politically, call the Office of the Special Counsel at (202) 653-7143. Staff attorneys are on hand to answer your questions.

Taking part in an election is a privilege. This is the time of the year to take part in political activities. For your sake—do it by the book.



Aquarians dive into competition at a recent swim meet.

photo by Jeff Allen

Age of Aquarians

Youngsters swim toward a dream

by Bob Walker

The post swimming pool, building 1151, takes on the appearance of a pre-Olympic training site each weekday from 4 to 6 p.m.

The Aquarius Swim Club, under head coach Victor Castillo and assistant coach Jeff Allen train swimmers from five to 17 years of age to become faster and better swimmers.

The team competes with other swim clubs from northern California, gaining the experience and training that may eventually take some team members to the Olympics.

The team recently traveled to Grass Valley for a weekend of camping and swimming with several other swim teams. The experience produced new and closer friendships with other swimmers.

According to Allen, the purpose of the club is to "introduce swimmers to competitive swimmers their own age to help them become the best swimmers they can be. It develops the swimmer's self discipline and self-respect. It allows them to enjoy a tremendous sport."

According to Castillo the swim club gives team members a feel for swimming. It gives them competitive swimming experience and gives them a better outlook towards high school swimming. He said, "A lot become self-disciplined. Many are honor roll students, so they do well in swimming and in school. After their first taste of competitive swimming, they don't want to stop. It's like it's in their blood."

What do team members think of the experience?

According to Missy Dee, age 11, "I think it's fascinating to swim. It's a big dream, but I'd like to be in the Olympics."

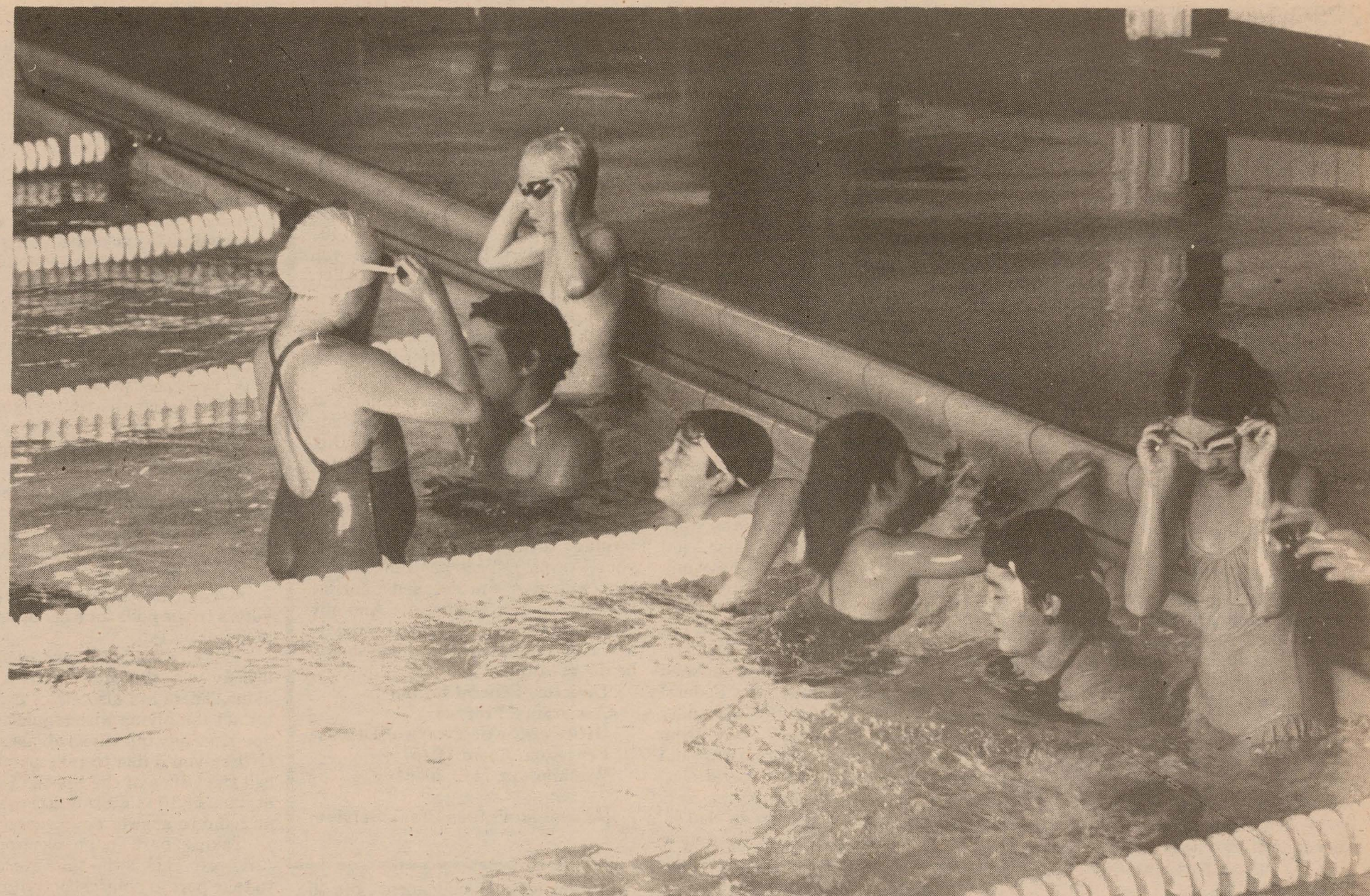
Tanya Smith, age 10, said, "My favorite stroke is the freestyle. It makes me do the laps my body feels it can't do. It keeps me company—especially in the summer. I'd like to win a lot of medals and ribbons. The coach is neat."

Richard Velez, age 13, said, "I enjoy swimming. I gain experience and training. I get to know people, which is fun."

Gabby Talley, age 8, said, "It's fun. I like to be in meets and to compete. I like to improve times and to improve strokes. It helps me to build up strength in my muscles instead of watching TV."

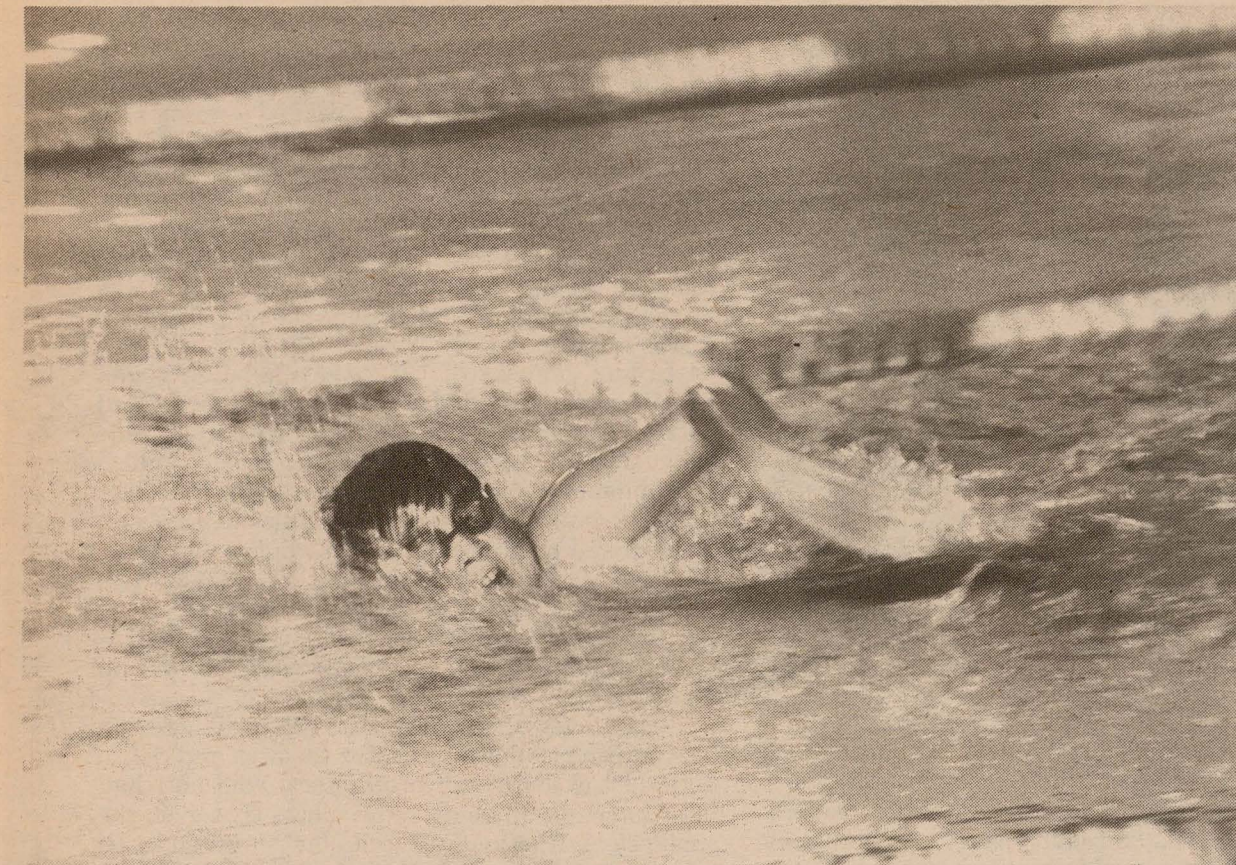
According to parent Muriel Talley, who is also the treasurer of the club, "The club has lots of health benefits. Swimming is one of the most perfect exercises. It helps boys to build body physique. The team gets the Army community together since they go to different schools. The club competes against other teams and does social things, like skiing in the winter."

If you'd like to know more about the Aquarius Swim Club, call Jeff Allen at 561-3673 or Victor Castillo at 567-8159, or just drop by the pool between 4 and 6 p.m. Monday through Friday to see some Olympic hopefuls.



Aquarians prepare for a practice lap.

photo by Bob Walker



Robert Assadurian, age 10, strokes the length of the pool during practice.

photo by Bob Walker



photo by Bob Walker

Missy Dee, age 11, comes up for air during club practice.

Features

Two PSF volunteers take Citizen of Quarter honors

by Bob Walker

Two community-minded women were named Citizen of the Quarter—a first in the history of the program here.

The honors went to Jean Corkran and Rosa Mercado, both for their work in supporting soldiers and family members of the Co. D. 864th Engineers during their recent deployment to Honduras.

According to Sgt. Michael Reece, the unit clerk for the Engineers, Corkran was a "major force in the design and implementation of a support network for the welfare of the family members of Company D, 864th Engineers while the unit was deployed to Honduras. In addition to the preparation and organization of the wives, on the average, Jean spent six hours a day for 54 days dealing with family member problems while the service members were away."

Corkran was suprised to win the award. She said, "Considering the scope of what Rosa has done, I find it hard to believe that it could even be close to a tie."

Some of the things Corkran did was to set up a weekly newsletter. Every Monday she was on hand at the orderly room should spouses want someone to talk to. Corkran said, "It turned into a support group, rather than a communications network."

She also helped with a pot-luck and briefing before the deployment took place.

Corkran said "The thing that amazed me was all the support from the post. Everyone was behind us 100 percent to help where needed. Fortunately we didn't have to call upon many of them."

In addition to her work with the Engineer's families, Corkran also participates in the Enlisted Spouses Club activities. One activity of the club is their monthly baked food sale in the basement of LAMC near the main elevators. They sell baked goods from 7:30 to 11 a.m. every third Thursday of the month to raise money for the Ft. Point Museum, the Presidio Museum, the California League for the Handicapped, ACS,

USO and the United Negro College Fund.

Mercado's reaction to winning the award was, "How could I win when no one talked to me? When a man called to tell me I'd won, I told him I hadn't done anything to receive the award. I don't work for anyone but God, Jesus Christ. The man replied, 'You work at the Religious Activities Center and ACS.'"

Mercado said she felt it was wonderful that there were two winners this time because it shows that people have love for one another. "Love is the center of everything," she said.

Mercado's part in the deployment of the Engineers was in following Chaplain Lt. Col. Eumib Freeman's idea to send cookies to the troops in Honduras. She said, "I was very overwhelmed by the reception of the message to make cookies for the soldiers in Honduras. I went around door to door asking people if they'd like to bake. Those who were unable to bake, gave money."

Though she appreciated the letter

of thanks from the Engineer's 1st Sgt. Don Corkran, the letter that touched her the most was a very brief letter of thanks written on a small piece of paper signed by many of the troops. Mercado said, "When I received that letter, I felt sorry that I didn't do more. I was happy the soldiers responded."

In addition to her cookie project, She has long been known as the founder of the Single Soldiers' Supper. The supper provides single soldiers the opportunity for a fine home cooked meal outside of the barracks. Food is prepared and donated by families in the Presidio community. Mercado has been referred to by many soldiers as a mother to them.

Sp4 Lue Collins said, "The Single Soldiers' Supper means a lot to me. It gives soldiers a chance to get out of the mess hall."

Sp4 Jose Marti said, "She's terrific, she's doing a wonderful job for the single soldiers. She's a mother for us. She's a real blessing here."

It is this sharing and caring that made Corkran and Mercado, joint winners of the Citizen of the Quarter.

A trip down memory lane to SF's Barbary Coast

by Pat Barham

Where did a person go for a little bit of entertainment during the late 1800's in San Francisco? The same general area as residents do today. Only the names of the places have changed.

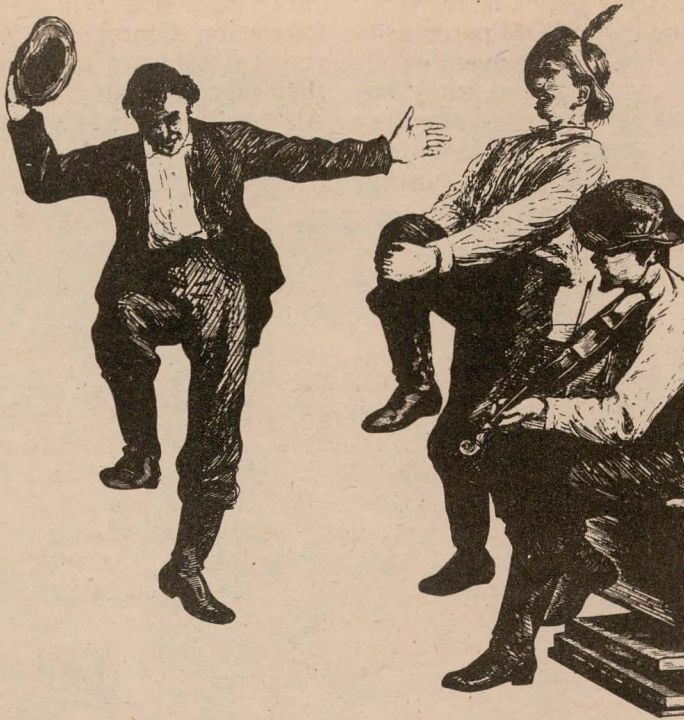
The Barbary Coast, named possibly by some sailor of the past, was located in a rectangular area limited by Broadway and Washington, Montgomery and Stockton streets.

Referred to today as North Beach, sights within this area resemble parts of the old Barbary Coast as it was known during the height of the area's popularity. Taverns, bars, strip joints, etc. still exist.

Historically, the area bore a resemblance to the Barbary Coast of Africa where murder and robbery were commonplace. Expanding and contracting through the years the Barbary Coast had many passageways which led out its defined boundaries. But until the Earthquake of 1906 the area commonly referred to as the Barbary Coast covered a greater area covering all of North Beach and Telegraph Hill.

In the small area were numerous alleys and walkways which were later widened into streets while others were built over as the city grew. Names like Murder Point, Bull Run and Dead Man's Alley were some of the small access routes into the area.

Described by an indignant local historian of the era, he felt the area left a lot to be desired, ".....the haunt of the low and vile of every kind. The petty thief, the house burglar, the tramp, the whoremongers, lewd women, cut throats, murderers are found there. Dance halls and concert saloons are found where bleary-eyed men and faded women drink vile liquor, smoke offensive tobacco, engage in vulgar conduct, sing obscene songs and say and do anything and everything to heap upon themselves more degradation. Opium dens, where heathen Chinese and God-forsaken men and women are sprawled in miscellaneous confusion and disgustingly drowsy or in a completely over come state. Licentiousness, debauchery, pollution, loathsome disease, profanity, blasphemy and death are there. And hell, yawning



to receive the putrid mass is there also....."

Local papers of the city gave minute directions for reaching the dens of the Barbary Coast, shudderingly adding this solemn warning its readers. "We give the precise locality so our readers may keep away. Give it a wide berth as you value your life!"

For half a century after the beginning of the 'Gold Rush' one of the most dangerous areas in San Francisco was the Barbary Coast and the waterfront. The eastern and northern fringes of the area consisted of numerous small alleys which streams of sailors traveled after their ships docked in the bay. Located there were the brothels, saloons and boarding houses catering especially to sailors. Here, the sailor was frequently robbed, murdered, or shanghai'd by members of gangs working in and out of the Barbary Coast. For many years shanghaiing was one of the areas most lucrative activities of the boarding-house masters

and their natural allies the dive-keepers of the coast area.

Throughout its hey-day the Barbary Coast catered to the 'Gold Rush' and mining-camp clientele. It wasn't until the early 1900's that the area was on the defensive and waged a losing battle to maintain its existence.

San Francisco which had risen from the ashes of the 1906 Earthquake now found no place for mining camp amusements of the past. Businessmen realized that the great pride once taken in the city's reputation for wickedness was more likely to harm than benefit the new city after it was rebuilt.

In late January of 1912, the campaign began which eventually disbanded the residents and patrons of the waterfront area. Police and citizens began cleaning up the city using legislation and city ordinances which closed many dance halls and revoked liquor licenses. Prostitution, sidewalk barkers and even glaring electric lights and signs were removed from obvious view. This, along with the now dark and still dangerous streets of the area, no longer provided the visible gaiety or excitement which attracted curious sightseers and visitors.

Later, even the owners of tour or sightseeing buses weren't allowed to enter the area and police notified the dance-hall proprietors, who now had been forced to abide by some rules—that even the smallest infraction of the law wouldn't be tolerated. This spelled the end of an era still well known to San Francisco residents and visitors who come to the city.

Still visible today are parts of the Barbary Coast known by many in the 1800 and 1900's. Along present-day Broadway, street barkers, topless joints, bars and other places of amusement litter the streets. The dives and dens of the pleasure-palaces are physically gone but their memory lives on as many widely-accepted establishments still entreat the curious as they stalk North Beach alleys looking for some 'amusement'.

The Barbary Coast may have died in name, but its spirit still lives.

Community Calendar

New DOD decals are here!

The new standardized Department of Defense Vehicle Registration decals have just arrived in the Presidio Provost Marshal's Office. These new decals, once issued, will bring the Presidio into line with other local military installation vehicle registration systems as well with many others, nationwide. The new decals are approximately one half the size of those previously issued. The primary benefit of the new decal system is the universal acceptance of them by all services, thereby allowing authorized persons easier access to most installations.

The Vehicle Registration Section of the Provost Marshall Office began issuing the new decals on September 4. Plans are to issue the decals two ways. First, customers may come to the Vehicle Registration Section in bldg. 36 with their current state vehicle registration and valid drivers license and receive a new decal. Secondly, they may wait for one of the mobile registration teams to come to their place of duty. Driver's license and state registration will also be required when re-registering with a mobile team. The mobile teams will operate according to the following schedule:

Team	Date/Time	Unit/Location
1	Sept. 7, 7:30-4:30	DLI, bldg. 1801
2	Sept. 7, 10-6:00	Main PX, bldg. 605
3	Sept. 7, 7:30-5:00	LAMC, bldg. 1100
1	Sept. 10, 7:30-4:30	6 USA, bldg. 38
2	Sept. 10, 7:30-noon	USACC, bldg. 116
2	Sept. 10, 1:00-4:30	6th Bde Rct, bldg. 636 (Ft. Baker)
3	Sept. 10, 7:30-noon	6th Rgn CID, bldg. 106

After September 10, individuals will be required to re-register their vehicles at building 36, Vehicle Registration.



U.S. Army photo

Historic photo

Main barracks and Headquarters, Presidio with the San Francisco Bay in the background. 1898

Vehicles with USAREUR license plates will not be registered. You must have valid license plates from your home state, last CONUS (Continental U.S.) duty station or from California.

The new DOD decal may only be placed on the front bumper of the vehicle, driver's side. Any other form of placement on the vehicle is improper and unauthorized.

Drivers and vehicle owners are reminded that the old style decals with the 6th U.S. Army patch, or the red, white and blue FORSCOM patch will no longer be valid after November 1.

Drivers may be denied entry to the Presidio of San Francisco or other local installations when attempting to use the expired decals. Avoid the

rush and hassle by re-registering now with any one of the mobile teams or at the Vehicle Registration Office in bldg. 36. Questions regarding the new system may be directed to Sgt. Clay at 561-3811.

Maps, guides and more maps

Do you need to get to Pier 41? Would you like information on State Parks or Napa Wineries? Let the Recreation Center ITT Office help you. On sale are maps and guides that will direct you to Pier 41 for that Alcatraz Tour, or map out Redwood State Parks for that special camping trip, as well as guide you through the

Napa Wineries from Sterling to Mondavi.

- On sale are:
- San Francisco Street and Transit Map (MUNI Map), \$1.
 - Guide to California State Parks, \$2.25.
 - Guide to Napa Wineries, 75 cents.
 - Information Packet, which consists of a SF Map, a shopping guide, and a Restaurant Guide, \$1.
 - San Francisco Visitor's Map, 25 cents.
 - California Visitor's Map, 25 cents.

The Recreation Center is located in bldg. 385 and the hours of operation are: 11:30 - 1:00 p.m. and 2:00 p.m. to 5:30 p.m., Monday through Friday.

Parent effectiveness classes

Child Development Services will offer Parent Effectiveness classes starting September 18, from 7 to 9:30 p.m. at the Child Development Center, bldg. 569.

The 24 hours of instruction (10-11 sessions) will focus on listening skills (both you and your child's), problem ownership, active listening, and on problem solving using a six-step process that really works!

These classes can give parents new listening and problem solving skills which improve communication and cut down parent-child conflicts.

The classes will be taught by Karen Jupe, Family Services Director. Registration is now being accepted at the Child Development Center, bldg. 569. For more information, call Karen Jupe at 561-4712.

...the write stuff...

by Richard Wetzel

I'm not prejudiced...I think everyone should own at least one. And these days, it seems like every office is getting one to work for them...why, they're even getting their own office space. They've come a long way (baby) and now they're having their own identity and cultural programs...Sure enuff, it's a "Fashion In the Computer Age" seminar, Oct. 11 in Bradley Hall, at the Academy of Art College, 540 Powell St. Tickets are \$4 (\$2.50 with student ID) and are sold by mail-order only. Call 673-4200....

MEMORY LANE INTO THE FUTURE...Are we regressing in time???...Could it be a flashback or perhaps a rerun???.....Abbie Hoffman debating Jerry Rubin??? (Yippie vs Yuppie" as it's being billed)...Maybe these two aren't as influential (threatening??) as they once were in their hey-day, but it could prove to be interesting even to those of us that only associate the two names with "something that happened before I..." ...Anyway, that's what they're gonna do, debate that is, at the Stone, 412 Broadway on the 21st of the

month...there's two shows, 8 and 11 p.m....Hey, has this thing been rehearsed???

(That's harmless, Liz, please don't cut it!)

LITER NOTES...Doug Henning and His World of Magic will appear at the Orpheum Theatre, 1192 Market St. Sept. 19-30...Come and watch (and not see) inside his bag of tricks. Why, he can make things disappear....(eh, so what, so can my editor!)...Those free seats during the week are still good at Candlestick Park for those with a A.D. ID...things are getting so bad out there, they ought to consider letting anyone in free... At any rate, there's a game tonight against the Atlanta Braves at 7:35.

THIS ONE AIN'T SO FREE...Crosby, Stills and Nash will perform at the 'Stick' following the Giants/Braves game tomorrow afternoon. Cost for the game and concert is \$8.75. A limited number of seats are available at the Rec Center ITT Office...or try your luck at the door.

Join the 12th Annual San Francisco Blues Festival tomorrow and Sunday, noon to 6 p.m. at the Great Meadow, Fort Mason....

..The "SURE IT MAY BE SLIGHTLY EXPENSIVE BUT I'M WORTH IT" stuff....Hey, can we talk?...I mean let's stop being so cheap. Have you forgotten how much fun it was to SPEND money? Cough up some bucks, grab the old lady, (or sergeant, whichever the case may be) and add some gossip, insult, and frankness to your life with Joan Rivers, at the San Jose Center for Performing Arts, Sun., Sept 16, 6:30 and 9:30 p.m....get tickets wherever the heck you get tickets at...Turk Murphy and His San Francisco Jazz Band will open Sept. 11 in the New Orleans Room at the Fairmont Hotel, (atop Nob Hill)....The 8th Russian River Jazz Festival (is it open season on jazz?) tomorrow and Sunday at Johnson's Beach, Guerneville. Among the many featured artists; Mississippi Johnny Waters, Milt Jackson (how many of them are there?) Carmen McRae and Bobby "Goodfingers" Murray...tickets are available through major outlets, or wherever you got the tickets for Joan....

....Well, I've taken up enuff of your time...

At the movies

Presidio Theater

Sept. 12	The Buddy System (PG)	7 p.m.
Sept. 13	Footloose (PG)	7 p.m.
Sept. 10	Romancing the Stone (PG)	2 & 7 p.m.
Sept. 12	Gremlins (PG)	7 p.m.
Sept. 13	The Buddy System (PG)	7 p.m.

Sept. 7	Romancing the Stone (PG)	7 p.m.
Sept. 8	Gremlins (PG)	7 p.m.

Schwartz Theater

Sept. 9	Gremlins (PG)	7 p.m.
Sept. 10	Gremlins (PG)	7 p.m.
Sept. 11	Gremlins (PG)	7 p.m.

Sports

Post tennis championship

The 1984 Post Tennis Championship will be held Sept. 21 through Oct. 20.

This tournament will consist of four divisions:

OPEN - Male - 33 yrs and under
JUNIOR VET MALE - 34 - 44 yrs.
SENIOR - 45 yrs
WOMEN'S - Open only

The tournament is open to all active duty soldiers assigned or attached to the Presidio of San Francisco. Questions regarding eligibility will be referred to the sports director.

A mandatory meeting for all players will be held on September 20, noon at Post Gym 1, bldg. 63. Failure to attend will result in elimination from tournament. If unable to attend due to military commitment, the sports director must be notified before September 20.

Awards will be given to the top two finishers in each division. Entry blanks and information can be obtained from the Sports Branch, bldg. 63, ext. 4120/5032.

Interservice tennis championships

The Presidio's tennis champion, Col. Nick Lapins (LAMC) won the Junior Veterans singles and doubles title at the 1984 Interservice Tennis Championship at Ft. Eustis, CA.

Despite warm temperatures and blinding sun, he prevailed easily in the singles as his game was in good form.

The entire tournament team championship came down to the doubles finals. Lapins and his teammate put away the Air Force pair with brilliant teamwork to earn the victory and team championship. Congratulations to Lapins for winning another championship for himself and the Army.

YA junior tennis tournament results

Boys 8-10 years old
Winner - Michael Barry
Finalist - Tony Kim

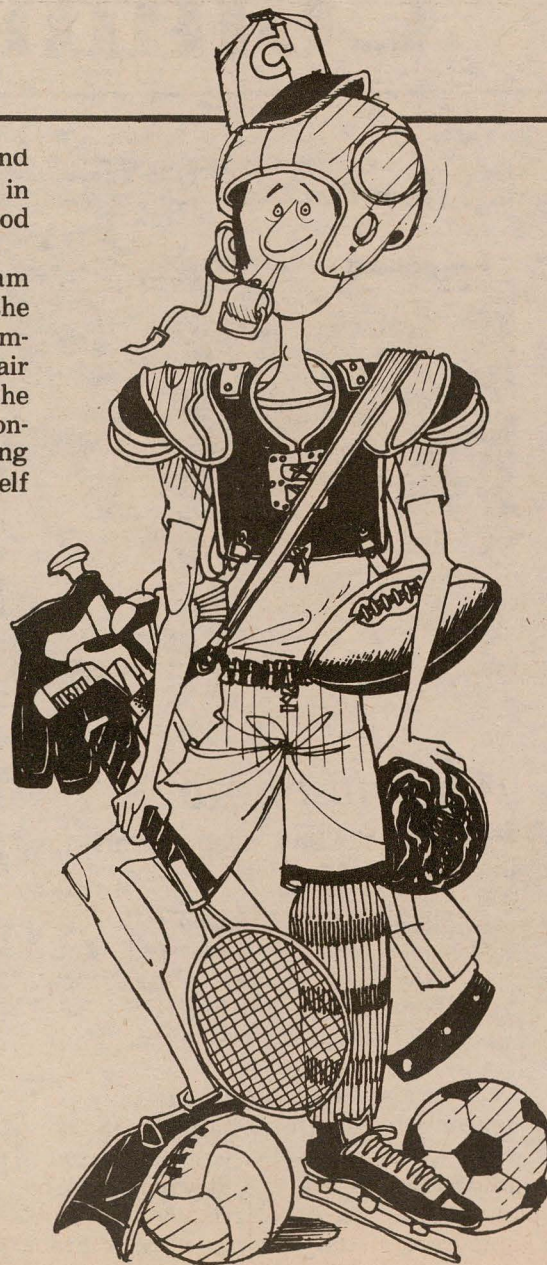
Boys 12-14 years old
Winner - Matthew Hutchinson
Finalist - Jeff Quattromani

Boys 14-18 years old
Winner - Andrew Thornton
Finalist Kevin Bruhn

Girls 10-12 years old
Winner - Chamin Mills
Finalist - Christina Milano

Girls 12-14 years old
Winner - Kelly Zychowski
Finalist - Amrita Grover

Girls 14-18 years old
Winner - Debbie Bolduc
Finalist - Hollie Hohn



YA soccer players needed!

More soccer players are needed for our under 10 and under 14 teams. If you are interested, give us a call at 561-5143. We would enjoy having you on our teams.

Flag football team

The Post Flag Football Team is in practice for the upcoming season in the Navy's Central Pacific sports conference.

Our team will be playing Navy, Coast Guard, Air Force and Army teams in this interservice competition.

All home games will be played at the old P.X. Field (next to the Post Library). The final league game was Wednesday versus the Navy Hospital, Oakland. Their first home game is on September 19, at 5 p.m. vs. Rudy Russell (USAG) and coached by former star player Eric Randolph (LAMC).

Aerobics!

Join anytime! Register with instructor at class. Open to all ages, all levels of fitness, both men and women. (Participants are encouraged to exercise at their own pace). Call 561-5120 or 381-3382, for more information.

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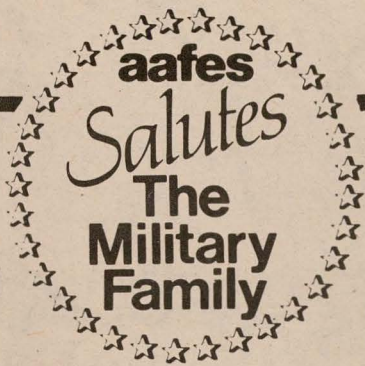
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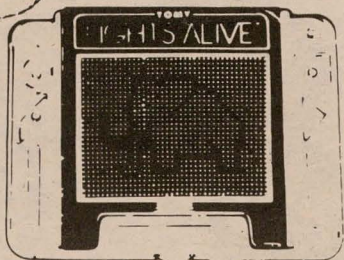
Special 8.95

Michael Jackson wireless microphone projects your voice thru any AM radio. With Michael Jackson autograph. Uses one 9V battery (not incl).



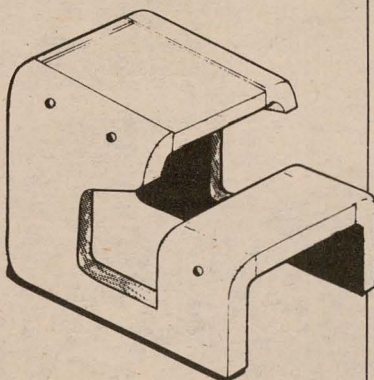
Special 8.35

Ideal "The Chipmunks" 10-in. soft plush toys. Choose Theodore, Alvin or Simon figures. Each in removable Chipmunks outfits. #10065



Special \$15

Tomy "Lights Alive" screen. Draw a picture, and colored lights will light up the drawing. Erase the picture & start again! Uses 3 D batteries (not incl). #2571



Special \$24

PlayTime desk by Little Tikes. Heavy-duty double walled construction. Molded-in colors won't chip, rust or splinter. Roomy storage compartment. 23" L x 22" H. #4320



Special 12.50

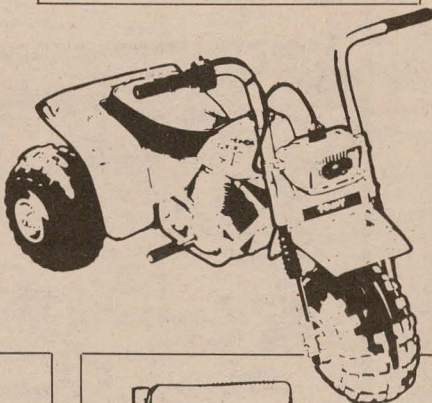
CBS/Ideal "Solid Gold" music trivia game. Over 2,200 fun & fascinating trivia questions on the world of popular music. For 2 or more players. #24426



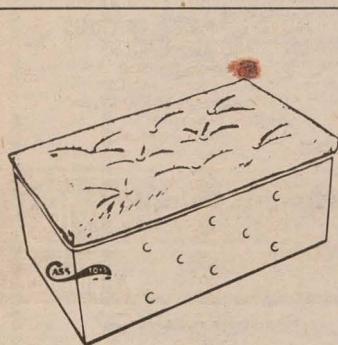
Special 17.50

Mattel "Rainbow Brite" doll & "Starlite" horse gift set. 9" soft sculptured doll & 11 1/2" plush horse. #7719

Special \$74

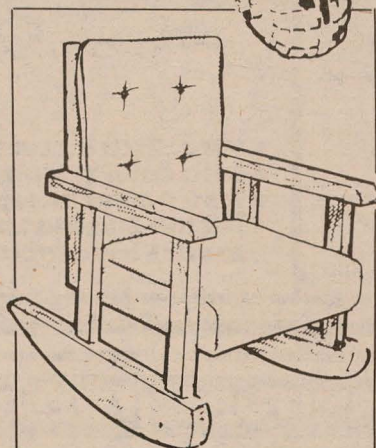


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All prizes will be awarded...no substitutions permitted.

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Drawing to be held 11 December 1984

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EXCHANGE _____

DATE _____

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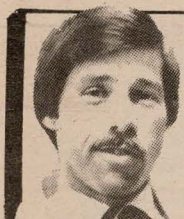
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**CPO: job info center
and a new chief
/ page 5**

**Ballerina from
Shanghai: meet PSF's
ballet teacher / pgs. 6&7**

**The Freak returns: still
crazy after all these years
/ page 10**

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Star Presidian

Vol. 27, No. 36

"Published in the interest of the people of the Presidio of San Francisco."

September 14, 1984

News briefs

Over-forty singles

The Over Forty Single Social Club presents author and counselor Jed Diamond on Sept. 15, at 6 p.m. at the Presidio Recreation Center, bldg. 1331. Mr. Diamond will talk about coping with single life and improving relationships. The cost is \$2 at the door. Music and dancing with D.J. Sonny Broom.

The club will also travel to Marine World-Africa U.S.A. on Sept. 29. We'll leave from in front of the Presidio Recreation Center bldg. 1331 at 9 a.m. and return by 6 p.m. \$15 fee includes admission to the park, transportation in an air-conditioned van and a box lunch, which we'll eat together, picnic-style.

To register, send your check or money order to pay at the Post Chapel, bldg. 130. The group is sponsored by Army Community Service and the Presidio Post Chaplains.

ACS Citizen of the Quarter

Do you know someone (military, family member, or civilian) who should be recognized for their significant contribution to our military community? If you do, you can nominate them for the Presidio Community Citizen of the Quarter award. Nominations should be submitted on PSF Form 822 to the Army Community Service Officer, bldg. 214 by Monday Sept. 24. For more information call ACS at 5057/5156.

School registration

Many newly arrived Army families living on the Presidio have encountered problems registering their children in school this year. These problems are a result of new zoning restrictions and a large increase in the school age population of San Francisco.

Army Community Service is working with the San Francisco Unified School District Student Assignment Office to ensure that Army children are placed in acceptable schools as soon as possible.

In order to efficiently solve school registration and school busing problems, now and throughout the school year, parents should contact Mary Schuster at ACS, ext. 5057/5155/5256.



photo by William Malkiel
"We're Americans first, Hispanics second," said Ernest E. Garcia, Deputy Assistant Secretary of Defense for Legislative Affairs.

DoD VIP addresses luncheon

by Liz Greeley

"This country has always been good about recognizing outstanding achievements [and] I think this falls in that category," said Ernest E. Garcia, Deputy Assistant Secretary of Defense for Legislative Affairs about Hispanic Heritage observances.

One of the top-ranking Hispanics in the current administration, Garcia was keynote speaker at Presidio's Hispanic Heritage Week luncheon held September 10 at the Presidio Officers' Club.

Recognition was the theme during opening remarks as Lt. Gen. Robert Arter, Sixth U.S. Army commander spoke of the 37 Hispanic Americans who have earned the nation's highest honor—the Medal of Honor. Lt. Gen. Arter pointed out that this is especially significant because the number of Hispanic American Medal of Honor recipients is higher in proportion to their population than any other ethnic group.

Continuing the theme, post commander Col. Eugene D. Hawkins presented Presidio's First Annual Hispanic Recognition Award to Juanita Villalobos for her support of Hispanic equal opportunity objectives.

Hispanics have made progress, but there's still room for improvement, according to Garcia.

"I was asked to come to speak about the opportunities [and] some of my experiences which point to the fact that there have been some changes made; many more need to be instituted, but there has been some change. Again, I'm not suggesting we have a perfect world, because it's not," he said.

Garcia says there are some common misconceptions about Hispanic Americans.

One of those misconceptions is that Hispanics can only do certain kinds of things; another is that Hispanics are only interested in issues such as:

- equal opportunity employment,
- civil rights,
- bilingual education,
- and bilingual culture, the typical Hispanic-type issues.

"But," he said, "we are not a special interest group—we are Americans—people who are interested in mainstream issues such as the economy, defense, the education of our children."

"The issues that concern and affect Hispanics are issues of any and every American citizen."

"We're Americans first."

However, he said there are areas which should be given special emphasis.

One such area is economic development. With economic development and the opportunity to be successful in business, the Hispanic community can take care of the rest.

How? How do you gain the economic opportunities that allow you to effect changes?

"Get involved in the process. You have to know what your country does and how it administers government. If you don't like a particular way that it's being done, then become aware of the personalities and policies and work towards changing it," he said.

"Not only Hispanics, but people in general need to be involved."

Opinions

TAKE A BITE OUT OF CRIME

Neighborhood Watch

The Neighborhood Watch signs you see popping up all over the Presidio indicate that Presidio has become a Neighborhood Watch Community. Neighborhood Watch is a community-based crime prevention program operated by residents. It is aimed at getting people to take the simple steps necessary to discourage crime in their neighborhood. Neighborhood groups learn crime prevention techniques from local law enforcement agency representatives.

Americans generally tend to form personal relationships based on hobbies, occupations, life styles or other common interests. This was once true of the neighborhood, but now it has fragmented into a collection of individual households, with each of us doing our own thing and paying little attention to what goes on next door.

The constant mobility of Americans, especially in the military, has also contributed to the decline of the cohesive neighborhood in the last few decades.

According to the FBI, one household in ten will be burglarized this year. Burglary has become a low risk crime, and occurs in the US every nine seconds. Burglary has become more than a billion dollar a year industry and it shows all the signs of continuing to grow by leaps and bounds. If there was ever a time to be concerned with your neighborhood and its security, it is now!

Concerned neighbor

One of the best home security devices ever invented is a concerned neighbor. Being a concerned neighbor does not mean invading your neighbor's

right to privacy, but it does mean being concerned and curious about strangers and unusual activity.

The police cannot be everywhere at once, and therefore must rely on you and your neighbors to report suspicious activity. You are the only one who really knows what is going on in the neighborhood. Developing and maintaining a mutually supportive attitude with neighbors can really make your neighborhood safe, and give you peace of mind when you are away from home.

The Provost Marshal Office recommends the following guidelines that residents of the Presidio could discuss and implement as their contribution to the crime prevention effort. A good point of contact to assist in setting up a neighborhood Watch in your area is your Housing Area Coordinator, who can receive assistance from the Crime Prevention Office.

- Neighbors must first break the ice and take time to get to know each other.

- Explain to your neighbor your concern about protecting the neighborhood and suggest that you pool your resources to watch out for each other.

- Neighbors should become familiar with those living around them so that a suspicious stranger will be noticed easily.

- Neighbors should exchange home and work phone numbers in case a questionable situation or home emergency arises.

- If strangers or delivery people are observed calling on your neighbors' unoccupied quarters, inform your neighbor to see if the person was expected.

- When you plan a vacation, do not advertise it to too many people. Do ask a trusted neighbor to collect your mail and newspapers. Additionally, visit your MP station and inform the desk sergeant so that he can ensure random security checks are made.

- When strangers are observed in the neighborhood, inform your neighbors and attempt to find out their identity. Knowing what goes on in the neighborhood street is not being a busybody, it

is your right as a concerned citizen—especially if you have children.

- The best source of information regarding what happens in a given neighborhood, which is sometimes overlooked, is from the children. Children should be encouraged to report any suspicious activities to their parents, or the Military Police.

- Sales people who solicit on the Presidio need a permit. Should a salesperson knock on your door, request to see his permit. Should you ever have any doubt, be safe and call the Military Police desk at 561-2251/2252.

People across the country are learning to work together in order to fight crimes and protect each other's homes. Do not wait until a crime against your property occurs. Become a concerned neighbor. Exchange information and be alert to what is going on in your neighborhood.

If you see a crime in progress, or suspicious activities, do not take chances—call your MP desk sergeant immediately. Neighborhood Watch is your program, and only you can make it work.

For more information on the Neighborhood Watch Program, and how you can make it work for you, call the Provost Marshal Crime Prevention Office at 561-5011.

Crime report for Labor Day weekend

- There was a hit and run accident, without injuries, behind building 227.

- There was a hit and run accident, without injuries, next to building 1060.

- There was a hit and run accident, without injuries, next to building 1801.

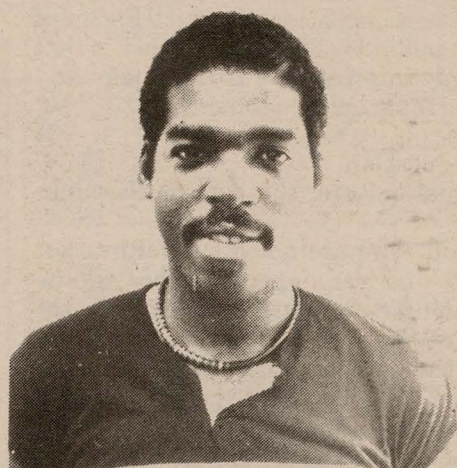
- There were two traffic accidents involving vehicle to vehicle, without injuries.

- There was a vehicle to bicycle traffic accident with injuries to the bicyclist. The driver was charged as a subject.

- A military member was charged with drunken and reckless driving.

Ramblin' Sam

"What are the pluses of working for the government? The drawbacks?"



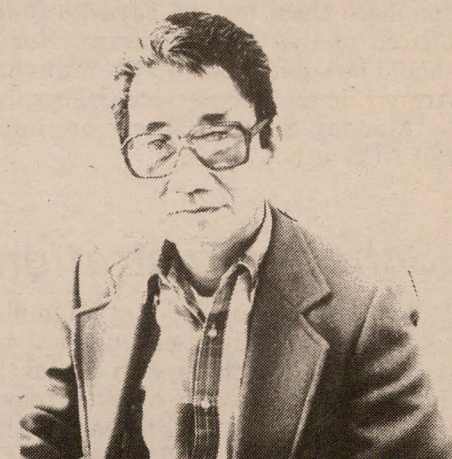
Anthony Howard, military personnel clerk, COMPACT, "The plus is that it's a permanent job. The drawback is that there is too much authority, there are too many with authority with all the officers and senior NCO's—you have to take a lot of abuse."



Alex Figueroa, auditor, DA staff, "Job security is a plus. For me the diverse and interesting job assignments are a plus. The minus is that it is not comparable with commercial positions. They get paid more than we do."



Darlene Houck, protocol assistant, Sixth Army, "Job security is a plus and so are the hours, the people I work with and my job. Lack of raises and topping out in a job are a drawback."



Marcelo Divinagracia, MOS training coordinator, DCST Sixth Army, "The pluses are job security and excellent fringe benefits such as hospitalization and generous vacation and sick leave. I see no drawbacks. I have enjoyed my federal career with the civil service."

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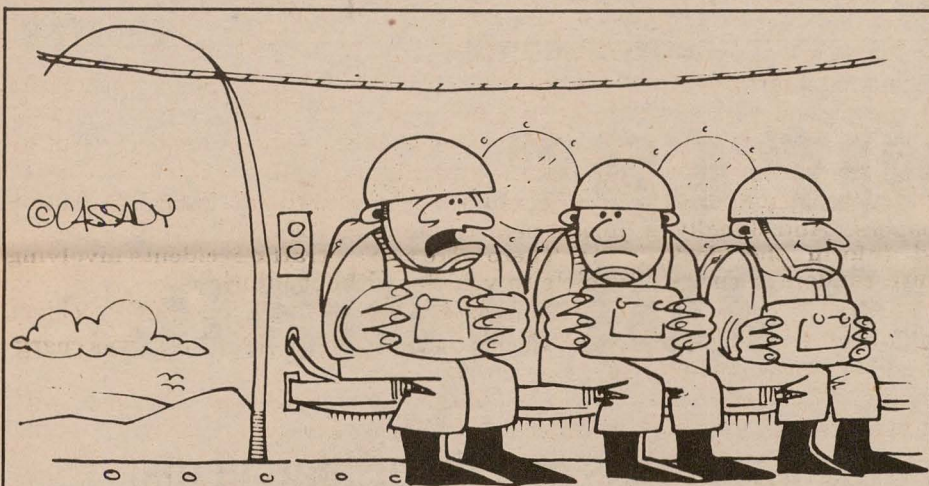
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candidates stand on the issues, talk with the folks back home about local and state elections. Read newspapers and watch TV to see where the national candidates stand.

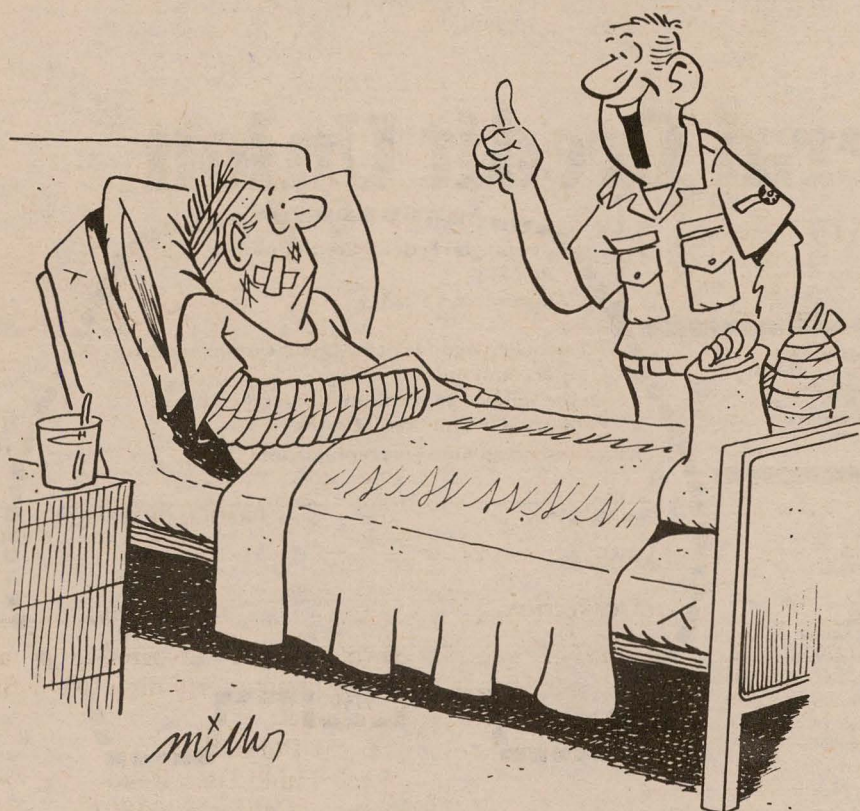
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(Soldier's Scene)

The Lighter Side...



"When I signed up for jump school, I thought it would be broad jumping, hurdles, pole vaulting and stuff like that."



"Good news, Al! The guy that packed your parachute, apologized!"

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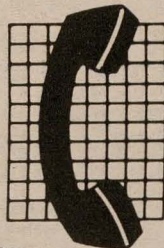
				
				
				
				

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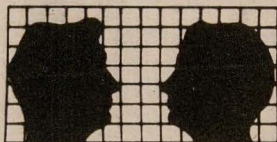
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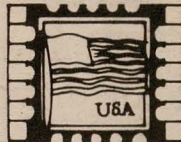
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News Feature

CPO to open One-Stop Employment Center

by Liz Greeley

The 'Year of the Army Family' has brought changes to the Army and to the Presidio—with more changes to come.

One of the upcoming changes is the "One-stop Employment Information Center" at civilian personnel which is scheduled to become fully operational by March 1, 1985.

The basic idea is "to allow Presidio workers and their families the opportunity to come to one place on the Presidio to see if there is a need for that skill at the Presidio (or a serviced activity) and that includes [positions that are] appropriated fund (GS and wage-grade positions), appropriated fund (waiters, etc.), and PX-type facilities," said Charles Collins, a personnel staffing specialist at civilian personnel.

The overall concept for the One-stop Employment Information Center includes:

- one-page, easy to read hand-outs,
- a "skills bank" for job seekers to apply for future positions (more about this later),
- career counseling,
- a part-time jobs program,
- a self-help, video information service,
- liaison service for private sector jobs,
- overseas vacancies listings,
- immediate registration in the

A few minutes with Peter Dolezal

by Liz Greeley

"When we deal with you on a personal, one-on-one level, you find out that CPO (civilian personnel) is not just some blob that sits there—it has a personality, it has *people* in it," said personnel officer Peter Dolezal, civilian personnel's new chief.

Dolezal, a 36-year-old Chicago native, took charge of civilian personnel July 2. A recent graduate of the Army War College, Dolezal's last personnel assignment was Ft. Riley, Kansas.

Some of the issues which concern him are pay and employee morale and productivity.

"The pay issue is one of the things that makes it difficult for us to do the job of keeping the Presidio staffed with qualified and competent civilians, because we are not very competitive in this area, especially in the clerical, administrative and medical fields.

Another area we're trying to

make progress in is employee morale and productivity," he said.

Part of productivity is employee morale, according to Dolezal, and he hopes to make sure that all civilians are aware that they have access to various recreation activities on post.

Where civilian workers don't have access, "we will try to make that available to them so that those who want can take advantage of the fact that they work for the Presidio," he said.

What one goal would he like to accomplish before moving on to future assignments?

"I would like to leave here knowing that the personnel management program at the Presidio is better because of my being here.

"I hate to even say that because I know that the program isn't going to be better because of *me*, it's going to be better because of the collective efforts of everybody in this office," he said.

position becomes available. If the post doesn't have any positions in the job seeker's field, information staffers will let job applicants know immediately.

The self-help video information center will be located in the One-stop Employment Information Center (presently the civilian personnel reception area).

The video center will probably include a brief orientation to the Presidio and suggestions as to what applicants should be sure to ask about when they see the receptionist.

Army Community Services (ACS) will contribute volunteers who will direct people looking for off-post positions.

"It's primarily designed to get at the family member, but anybody that comes to our office seeking job information will be a beneficiary of that service," said personnel officer Peter Dolezal.

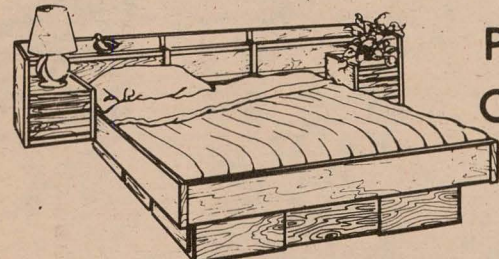
"It's going to be more than a One-stop Employment Information Center, and we plan to have career counseling in March, so it will have a peripheral benefit to people who are already Presidio employees," Collins said.

Designed to serve the Total Army Family—the soldier, the family members, the civilian employees and their families—all will be able to benefit from this new program.



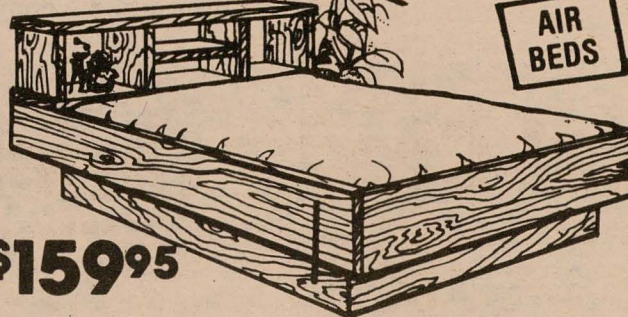
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Russian emigre

The ballerina from Shanghai

by Bob Walker

Presidio's Youth Activities ballet instructor has an extensive background in Russian-style ballet, giving the young people here the benefit of her experience.

She goes by the name of Helen Shevtsova Piernik. Born in China of Russian parents, her name was originally Elena Shevtsova.

Piernik began learning ballet at the age of five at the Sokolsky Studio, next door to Audry King's studio in Shanghai, China.

Seeing King's Ballet every year gave Piernik the desire to be a part of the Audry King Ballet, so her father approached King to get his daughter enrolled. But King believed in starting students at an older age and refused his request.

Meanwhile, Doris Yanover, a teacher for the King Studio, taught Piernik during the summer months while the Sokolsky's were on vacation. Yanover recognized the young girl's talent and urged King to give her a try. King consented to give her a one-week try-out.

The young girl proved to have talent, so King presented the Shevtsova's with a choice: ballet and a tutor or regular school for Helen. Her father was in favor a tutor and ballet over regular school, while her mother was against the idea. But father won and a young dancer began her studies under King...performing at the age of 9 for the Lyceum Theater in Shanghai.

Then World War II broke out when the fledgling ballerina was 13. According to Piernik, King was put in a concentration camp in China.

"They treated her very well, she danced for them in the concentration camp. I missed her terribly, though. I was scared about the bombs flying all over, the burning and the bodies.

"I had to earn a living doing small acting parts. I was so small they had to stuff me to make me look like a woman," Piernik said.

In 1950, when she was 20 years old, she got married in the resort area of Tsingtao, China, becoming Helen Piernik, and moved to the United States when she was 22.

Her husband was a Marine, but in spite of all the military moves, she established her own ballet studios starting in Quantico, Virginia. When they moved to Jacksonville, North Carolina, in 1962, she established three schools at different military posts in the area.

Arriving at the Presidio in late 1967, she began her first class here in 1968.

Piernik's students and acquaintances seem to have nothing but praise for her as a teacher and as a person.

"She demands excellence and is very demanding, but in return the kids get a lot out of it. They learn an awful lot, as she cares about her students," said Bart Porter of Youth Activities.

One of Piernik's former students, Rulan Tangen Diala is currently studying under full scholarship with David Howard and Finis Jhuan—teachers whom Diala describes as the finest in New York.

Diala said, "Piernik started me off in ballet. She gave me the best with Russian ballet; it is one of the things that has made my way of dancing appreciated by the teachers I have now.

"Piernik demanded discipline and stuck with me on behind-the-scenes choreography, because of my hope to be a professional ballerina. It takes someone special like her to plant the desire into students to make it.

"She didn't hold me back. She knew I had to move on for more classes—I always think about that. She always put so much care into it, no matter what level we were at. The things schools noticed about me was the way I use my arms, head and face."

It was Piernik who felt that Diala should go on to study at the Marin Ballet—where she was discovered by David Howard.

Diala hopes to be accepted as a *prima ballerina* soon and credits Piernik for much of her dancing skill, to get so far at only age 17.

Helen Shevtsova Piernik is available to any child here; a teacher willing to share her talent whether the child wants to become a *prima ballerina* or study ballet for the sheer joy (and hard work) of the dance.



Helen Piernik performs onstage in Quantico, Va.



photo courtesy Helen Piernik

Rulan Tangen Diala does a cerritto variation on points (toe shoes) during a performance.



Piernik's daughter Joyce (third from left) performs in a recital in Quantico, Va. at age 13.

photo courtesy Helen Piernik

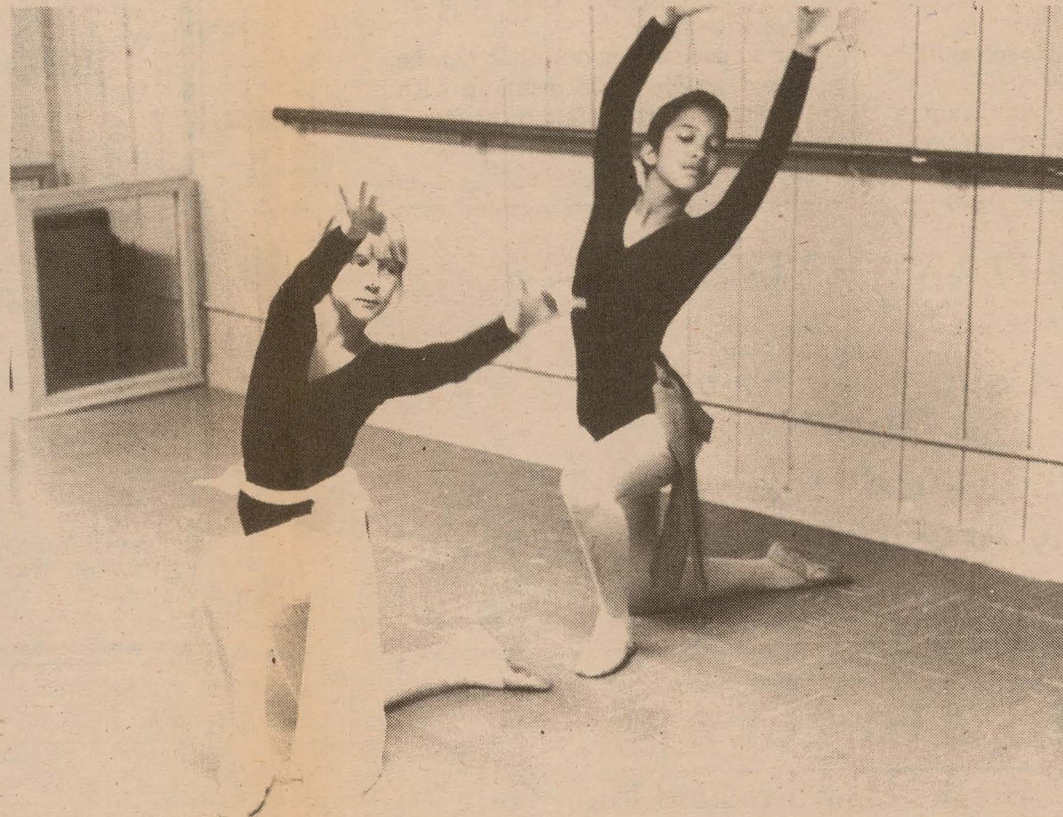


photo by Bob Walker

Erin Stevens (left) and Frances Rosario practice a Russian sash dance.



photo by Bob Walker

Christine Home, Janis Miller and Sara Rosario (left to right) practice at the bar.

Feature

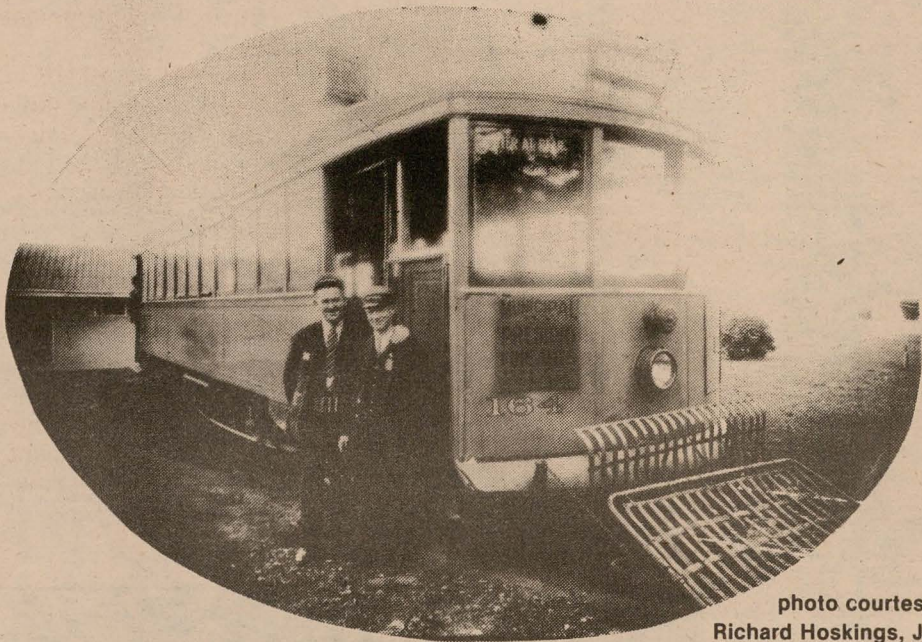


photo courtesy
Richard Hoskings, Jr.

Richard Hosking, Sr., puts his hand around conductor Weeks' shoulder.



photo by
Bob Walker

Richard Hosking, Jr. rests his arm on his transport.

Soldier transport becomes a family tradition

by Bob Walker

A retired soldier continues family tradition transporting Presidio troops around the post, giving interesting rides complete with historical notes as he drives from the Presidio to subposts Forts Baker, Barry and Cronkhite.

Richard Hosking, Jr. is a driver of the Fts. Baker, Barry, Cronkhite shuttle bus. The shuttle route takes him over the Golden Gate Bridge 10 to 12 times a day, as he puts 500 miles per week on the bus.

Hosking's father, Richard Hosking, Sr. started the family tradition conducting the Municipal Railway cable car from 1929 to 1945. At that time, the present day Creative Cottage was a ticket office for the transportation system. Hosking's father later became a cab driver for the area.

Hosking shows great pride in his family heritage. He tells of his English side of the family coming to the Grass Valley mother lode in 1850. "My great grandfather was a hard-rock Cornish miner who knew how to tunnel through hard rock for gold."

During the course of his military

career, Hosking traveled to 17 countries, retiring as a Sergeant First Class. He spent 10½ years of his career in Europe. He spent 1968 through 1971 in Vietnam.

While in Vietnam Hosking received a Bronze Star with "V" Device. His award said in part...He was instructing three guards at the convoy bivouac site, when a grenade was thrown from a nearby wooded area and landed on the hood of a vehicle near their position. Sergeant Hosking shouted a warning to the other personnel and with complete disregard for his own safety picked up the grenade and threw it toward the wooded area where it exploded harmlessly. He then directed fire into the woods causing the enemy to withdraw. Through his gallant and unhesitating action, Sergeant Hosking saved his fellow soldiers from certain injury or death...

Hosking speaks several languages as a result of his military travels around the world. This combined with his friendship with bus passengers, results in his receiving an occasional ethnic dish from his friends who ride the bus.

What is it like to ride on the bus with Hosking?

Ramona Farmer said, "Rich is one of the most cheerful drivers. He always has something good to say. If we miss the bus he asks us the next time, why we didn't show up. He knows us all by our first names. He is one of the best information sources on the town. He tells where to find a good garage for instance. If he sees you running in his rearview mirror, he'll stop for you."

Leu Allen said, "When you need to know something, you can ask him. If you're bored you can have a conversation with him. You won't fall asleep on his bus. One time he invited us all over for a barbecue."

Two rounds on the bus with Hosking resulted in a variety of conversation. It went in part like this:

As he stopped the bus to prevent hitting a miniature poodle, he opened the door and said, "Go home where it's safe! I saved the life of a dog today."

"Letterman Army Hospitallll," as he approached LAMC.

"Hey Sgt. Farmer—you want a ride?" as the bus passed Farmer jogging.

"Hey, green light! That's the first time today," as the bus approached the Ft. Baker-Barry Tunnel, which is a six minute light.

"A lot of new people are disappointed the Golden Gate Bridge isn't painted golden. They'll always specify that," he said as the bus traveled over the bridge.

According to Hosking, an elderly man from Menlo Park comes by and rides the shuttle from time to time. He was stationed here in the 20's and knows a lot of history.

Hosking said, that Sharon Tate once lived here at Ft. Baker as a child. Her father was an officer here.

"The building behind the stables was used for hot air balloons years ago," Hosking said.

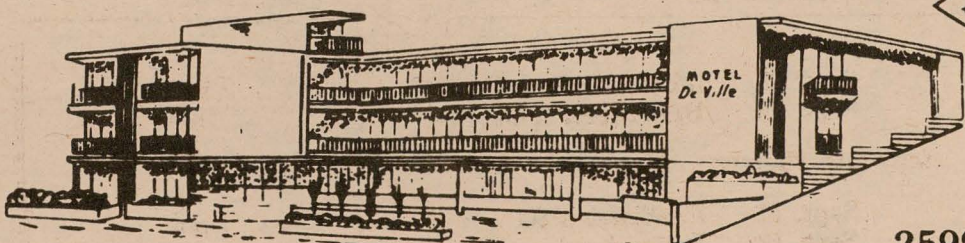
"Just picture an Model A Ford going to the old gas station here," he said as he drove through Ft. Baker.

Though this is only a sampling of what Hosking and his job are like, to see what it is truly like, take a ride on the bus with him.

The experience is one that can be treasured, as Hosking keeps up with family tradition, transporting Presidio soldiers and their families.

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Sports

Post racquetball championship

The Post Racquetball Championships were played September 4-7 with 38 entries playing 71 games. This was a double elimination tournament in three divisions: open men, senior men (35 years plus) and open women. Conditioning played a major factor for the participants who played as many as three matches in a night.

In the open division, Carlos Farias of A Co, LAMC won his second consecutive championship by defeating Amado Loyola (USAISC) 15-5, 9-15, and 21-10. Farias lost to Loyola in the quarter finals and then had to work his way back up through the loser's bracket. Loyola's quickness and power was not enough to overcome the defending champion, whose game was almost flawless.

Thomas Williams (USAISC) took the senior's division title by defeating Bill Jones (RGIX) 15-8, 15-11. Williams had a good variety of shots and a lot of hustle. Jones had worked his way through the loser's bracket.

In the women's division, Jennifer Freitas (LEC) took the title by defeating Teresa Ashe (A Co, LAMC) 15-7, 15-0. Freitas' power and speed proved to be too much for all her opponents.

Tournament Results

— Open Division —

- 1st Place - Carlos Farias, A Co, LAMC
2nd Place - Amado Loyola, USAISC
3rd Place - Jim Bender, 6th Army Band
4th Place - Robert Lewis, USAG



photo by William Malkiel

No hard feelings

Carlos Faria (left) and Armado Loyola place first and second, respectively, in the Post Racquetball Championship.

— Senior's Division —

- 1st Place - Thomas Williams, USAISC
2nd Place - Bill Jones, Readiness Grp.
3rd Place - Joe Pellegrino, 6th Army
4th Place - Edward Begley, USAG

— Women's Division —

- 1st Place - Jennifer Freitas, LEC
2nd Place - Teresa Ashe, A Co, LAMC
3rd Place - Jode Books, USAISC
4th Place - Pat Watson, 91st Div

CG's Fun Run

The Office of the Deputy Chief of Staff, Operations (ODCSOPS) Headquarters, Sixth U.S. Army, will host the September Commanding General's three mile Fun Run at 2:30 p.m., Wednesday, September 26, on

the Presidio. The Fun Run is open to all civilian and military personnel on the Presidio, and their families. Personnel can run or walk the course. The start and finish line will be in front of the Headquarters Building (bldg. 38, Keyes Ave.).

The run will be organized into the following: men who know they can complete a three mile run in less than 22 minutes; women who know they can complete a three mile run in less than 29 minutes; all other runners; unit/staff formations; and those who wish to walk. Family members can participate in any category.

Certificates will be awarded to the top 10 men and top 10 women finishers, and each family that par-

ticipates. To receive family credit, two or more members of a family must pre-register, regardless of the category in which family members participate.

Pre-run registration deadline for the Fun Run is Friday, September 21. Although registration forms have been circulated to Presidio commands and activities, additional forms are available by contacting the Sixth U.S. Army point of contact, Capt. Charles Griffin, ext. 2990/4124, room 309, bldg. 38.

Post tennis championship

The 1984 Post Tennis Championship will be held Sept. 21 through Oct. 20.

This tournament will consist of four divisions:

- Open - Male - 33 yrs. and under.
Junior Vet Male - 34-44 yrs.
Senior - 45 yrs
Women's - Open only.

The tournament is open to all active duty soldiers assigned or attached to the Presidio of San Francisco. Questions regarding eligibility will be referred to the sports director.

A mandatory meeting for all players will be held on September 20, noon at Post Gym 1, bldg. 63. Failure to attend will result in elimination from tournament. If unable to attend due to military commitment, the sports director must be notified before September 20.

Jimmy the Freak

Sorry I wasn't around to predict last week's games. The games I would have picked would have been all correct...trust me! The reason that I was unavailable was due to the fact that Mrs. Freak forgot to charge her electric cattle prod and could not "motivate" me enough to get to work. I'm ready to go this week, however, and my co-workers will now understand why I reek of singed hair....

Chicago 27 Green Bay 21

This score is based on the injury that Lynn Dickey suffered. If he plays, the score will probably be reversed. The Bears' defense is so tough that it makes a motorcycle gang look like mobile pussycats!

Cincinnati 28 New York Jets 20

The Bengals have too good a team to go 0-3. The Jets are rebuilding this year, and the only way they could win this game would be to take their opponents to a disco...the Jets win all of their fights there!

St. Louis 31 Colts 27

What do you expect when the team owner is dead from the neck up? Actually, the Colts have a pretty good, young team. Much better than grating Bob Irsy deserves. If there is such a thing as reincarnation, he should come back as a disposable diaper.

Seattle 30 New England 23

After seeing their first two games, you have to believe that the Seahawks will be the Raiders' main competition for the AFC crown this year. My respect for Chuck Knox has grown in proportion to his expanding waistline.

San Diego 40 Houston 20

Remember, the Oilers' gave up 35 points to the Colts. Try to imagine what they are capable (or, rather, incapable) of doing against Air Coryell.

Pittsburgh 26 Los Angeles Rams

This isn't the same Steeler team of the Bradshaw-Mean Joe era. But this isn't the same Rams team of the George Allen era, either. The Rams have a chance only if Eric Dickerson rushes for about 300 yards.

San Francisco 27 New Orleans 17

I am basing this prediction on the hope that the 49ers suffer no more major injuries against the Redskins. The San Francisco defense will have to put a lot of pressure on Richard Todd. He tends to fall apart in tight situations...I understand he threw an interception in a crowded department store once! All seriousness aside, the 'Niners look as good as any other NFC team.....so far.

Dallas 34 Philadelphia 14

The Eagles picked the wrong week to travel to Texas. Hogeboom and company will be anxious to erase the embarrassment they suffered against the Giants. Besides, Philadelphia has the worst team in the NFL this year.

Cleveland 28 Denver 17

The Broncos played like the Colorado School for the Inept against the Bears. Even with Elway at quarterback, Denver is at least a year away (or even a decade) from respectability.

Miami 38 Buffalo 10

So, what did you expect.... the upset of the week? Bet the farm on this one!

Upset of the Week, Part 1

Minnesota 23 Atlanta 21

If the Vikings don't win soon, Les Steckel will have his 'troops' do wind sprints to Nome, Alaska. If he thinks the military approach is best for pro football, he hasn't checked the record at West Point lately.

Upset of the week, Part 2

Kansas City 30 L.A. Raiders 23

The Chiefs have always played over their heads against the Raiders. This year they seem to have the talent to win at least once against the Silver and Black. I think it will happen at home.

Upset of the Week, Part 3

Tampa Bay 20 Detroit 17

The Lions barely beat the Falcons, and I believe that they will let down against what, in all honesty, is a very weak team.

Upset of the Week, Part 4

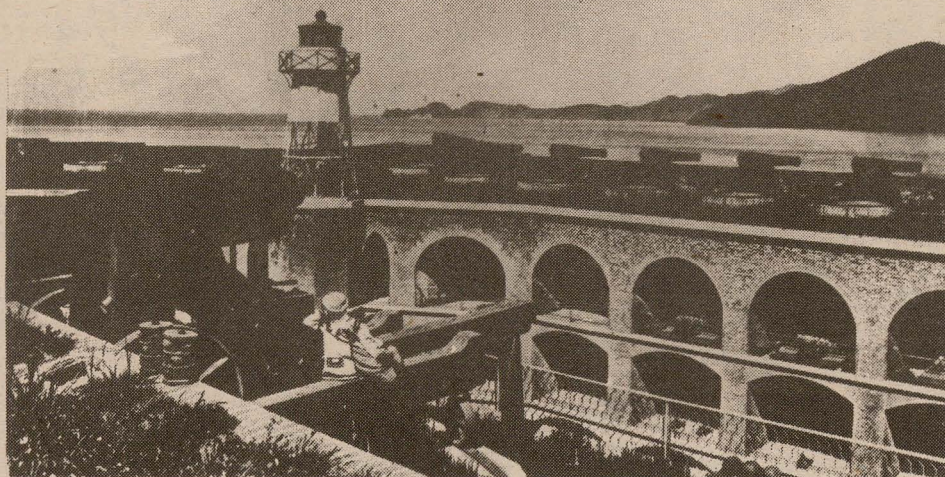
New York Giants 33 Washington 27

The Giants are for real! Their defense is worth at least 10 points a game. The 'Skins are still a good team, but I do not see another trip to the Super Bowl in the Freaky crystal ball. Besides, Joe Theismann is too busy chasing starlets to worry about game plans and the such!

Community Calendar

Arts and Crafts fall schedule

Upholstery, Tues., 18 Sept. - 18 Dec.; and Thurs., 20 Sept. - 20 Dec.; two separate classes, 6:30 - 9:30, 13 weeks, fee: \$42.00. **Basic Wood Beginners**, Fri., Sept. - 19 Oct.; 26 Oct. - 30 Nov.; two separate classes, 6:30 - 9:30 p.m., 5 weeks ea., fee: \$6.00. **Wood Room Dividers and Shoji Screens**, Mon., 1 Oct. - 3 Dec., 6:30 - 9:30 p.m., 8 weeks, fee \$20.00. **Matting and Framing Workshops**, Fri., 7 Dec. and 14 Dec., 6:00 - 9:30 p.m. two separate workshops, fee: \$3.00. **Stained Glass Beginners**, Wed., 19 Sept. - 24 Oct.; 31 Oct. - 5 Dec., two separate classes, 6:30 - 9:30 p. 6 weeks, fee \$22.00. **Stained Glass Lamp Making Tiffany Style**, Thurs., 25 Oct. - 20 Dec., 6:30 - 9:30 p.m., 8 weeks, fee: \$10.00. **Glass Sand Blasting Workshops**, Sat., 3 Nov., and 10 Nov., two separate workshops, 9:00 a.m. - 2 p.m., fee: \$8.00. **Ceramic Slip Casting- beginners**, Tues. 18 Sept. - 23 Oct., 9:30 a.m. 12:30 p.m. and Thurs. 20 Sept. - 25 Oct., 6:30-9:30 p.m. two separate classes, 6 weeks, fee: \$10.00. **Ceramic Slip Casting-Intermediate**, Tues., 30 Oct. - 27 Nov., 9:30 - 12:30 and Thurs., 1 Nov. - 29 Nov., 6:30 - 9:30 p.m.; two separate classes, 4 weeks, fee \$8.00. **Pottery Beginning**, Wed. 19 Sept. - 24 Oct., 6:30 - 9:30 p.m., 6 weeks, fee: \$10.00. **Pottery Intermediate**, Wed., 31 Oct. 28 Nov., 6:30 - 9:30 p.m., 5 weeks, fee: \$8.00. **Ceramic Raku Party**, Sat., 29 Sept., 10:00 a.m. - 4:00 p.m., fee \$6.00. **Photography Beginning Black & White**, Tues., 18 Sept. - 9 Oct.; 16 Oct. - 6 Nov.; 20 Nov. - 11 Dec; three separate classes, 6:30 - 9:30 p.m. 4 weeks each, fee \$6.00.



U.S. Army photo

Historic photo

This picture of Fort Point was taken circa 1896. Note the cannon balls stacked on the third tier.

Photography II Intermediate Black and White, Thurs., 20 Sept. - 11 Oct.; 18 Oct - 8 Nov.; 15 Nov. - 13 Dec.; three separate classes, 6:30 - 9:30 p.m., 4 weeks ea., fee: \$6.00. **Color Photography**, Wed., 19 Sept. - 10 Oct.; 28 Nov. - 19 Dec.; two separate classes, 6:30 - 9:30 p.m., 4 weeks each, fee: \$6.00. **Photo Workshops**: Saturdays, one per month, 9:00 a.m. - 4:30 p.m., fee: \$10.00 for each. **I. Large Format Photography**, Sat. 29 Sept. **II. Toning and Tinting**, Sat., 27 Oct.; **III. Lighting and the Studio**, Sat., 17 Nov.; **IV. The High Contrast Image**, Sat. 15 Dec. **Christmas Dough Art Ornaments Workshop**, Sat., 1 Dec and Sat., 8 Dec.; two separate workshops, 9:00 a.m. - 2:00 p.m. fee:

\$7.00. **Christmas Wreath Making Workshop**, Sat., 15 Dec., 10:00 a.m. - 2:00 p.m., fee: \$10.00. Some classes and workshops also require materials which are sold at Crafts Resale Store. For registration and further information call Arts and Crafts Center, bldg. 122. Don't forget the Automotive Repair Center, bldg. 662. We offer you assistance and all the tools and equipment for your car maintenance, repair and rebuilding.

Parent effectiveness class

Child Development Services will offer Parent Effectiveness classes starting September 18, from 7 to

9:30 p.m. at the Child Development Center, bldg. 569.

The 24 hours of instruction (10-11 sessions) will focus on listening skills (both you and your child's), problem ownership, active listening, and on problem solving using a six-step process that really works!

These classes can give parents new listening and problem solving skills which improve communication and cut down parent-child conflicts.

The classes will be taught by Karen Jupe, Family Services Director. Registration is now being accepted at the Child Development Center, bldg. 569. For more information. call Karen Jupe at 561-4712.

Child care

Want to offer child care in your quarters? Please contact Karen Jupe, Family Services Director, at 561-4712. Orientation classes for Family Child Care providers will begin September 18, Tuesday, 10 a.m.-12 p.m., September 10, 9 a.m.-12 p.m., and September 25, 9 a.m.-12 p.m. (all three classes are required).

Quarters-based Family Child Care is a program providing developmental care for children by an adult (18 years or older) in their own home for 10 hours or more per week for pay. Both the individual providing services (FCC Provider) and the occupied housing unit (FCC Home) will be certified in accordance with AR 608-10.

Certification is mandatory for those wishing to offer child care in their quarters on the Presidio of San Francisco and its sub-posts.

...the write stuff...

by Richard Wetzel

...AND NOW, A WORD FROM OUR SPONSOR...

There are three "rules" to being an Army Recruiter.....(pause)... never answer the telephone on the first ring...(pause)...never say, "We'll sign ya right up"...(pause)...and third, never, I don't care how much you want the recruit, never let him see you sweat...(pause)...it's ok to be an Army Recruiter...just don't let him know you're an Army Recruiter...

The California Association of Modeling Agencies presents a workshop and model search, imaginatively titled "How to Become A Professional Model"....(here's your big chance Alan!), Sept. 22 at the Hyatt Union Square 9 a.m. - 4 p.m....Remember, the key words to modeling is BIG BUCKS, and here's your first taste of it: \$100 for a full day, \$75 for a half-day session...Call 377-2966 for info and registration. At least the call is only 20 cents...

The Elite of Vintage Cars will be presented Sept. 23 from 10 a.m. to 4 p.m. at the Strybing Ar-

boretum (9th Ave., Lincoln Way) in the Golden Gate Park...Over 30 antique cars (with their owners) will roll through the Presidio Sept. 22 between 2 and 3 p.m. Sponsored by the Cannery, to benefit the Northern Chapter of Arthritis Foundation, "The Second Annual Celebrity Classic Car Rally" will use the Presidio Officer's Club parking lot for their fourth checkpoint...might be interesting to check out the 1917 Pierce Arrow, 1934 Rolls, 1923 Locomobile and a 1929 Duesenberg, among the many others...

JUST WHAT WE'VE ALL BEEN WAITING FOR...A conversation with Cary Grant Oct. 24 in the Masonic Auditorium at 8 p.m. Tickets are \$10, 12 and 15...."The Y's Way to Healthy Back" is a five-week exercise program designed to address the strength, flexibility and tension in the key postural muscles that are the leading causes of back trouble...in other words, here's a chance to get rid of that pain in the back...Classes start Monday and Tuesday, Sept. 24, 25 at the Central YMCA, 220 Golden Gate Ave....call 885-0460...The American Contract Bridge League is starting bridge (as in cards) classes for beginners, in-

termediates and advanced players. Call 664-4564...

MUSICAL SNUFF...Mutabaruka and the High Time Players will be one of the many featured guests at the REGGAE FEST '84, Oct. 6 at the Greek Theatre, UC Berkeley...Other concert dates: Chaka Khan at the Warfield Theatre Sept. 14...Lionel Richie with Byron Allen at the Cow Palace Sept. 28 and the Oakland Coliseum Oct. 5...Billy Square rocks the Cow Palace Oct. 6...the FIXX Oct. 20 at the San Francisco Civic Aud....and Chicago at the Greek Theatre, Oct. 14... Yeah, I get stuck sometimes too...even if you don't still own your pedal pushers, you can join the 10 mile Historical Bicycle Tour of the Golden Gate Park, starting 10 a.m. on Sept. 22 at the McLaren Lodge, Stanyan and Fell Streets. Bring a paper bag lunch...call Pete at 861-4045 for more info...Anyone want two free cats???...ext. 2006....

Well, that's all for now. Join us here next week where you'll find exciting answers to such question like; "how much does the average pork chop shrink when fried in pure lard....."

At the movies

Presidio Theater

Sept. 14 **Footloose (PG)**
Sept. 15 **Splash (PG)**
Sept. 16 **Tank (PG)**
Sept. 16 **Police Academy (R)**
Sept. 17 **Tank (PG)**

7 p.m.
7 p.m.
2 & 7 p.m.
7 p.m.
7 p.m.

Sept. 18 **Meatballs Part II (PG)**
Sept. 19 **Beat Street (PG)**

7 p.m.
7 p.m.

Schwartz Theater

Sept. 17 **Footloose (PG)**
Sept. 19 **Police Academy (R)**
Sept. 20 **Meatballs Part II (PG)**

7 p.m.
7 p.m.
7 p.m.

Sports

Fleet Week Challenge 10K road race

The U.S. Navy had issued a challenge to the U.S. Army and other corporate teams to a ten kilometer road race on October 14, 8 a.m. as part of the Navy's Fleet Week. The Presidio of San Francisco will enter a Post team(s) in this event. It is a flat and fast course starting at Crissy Field on past and going along the Bay to Pier 50 (China Basin). Teams will consist of a minimum of five persons (men, women or mixed). Scoring will be by final individual placing and not time. Qualification time standards for the teams are as follows:

Men: Under 40:00

Women: 45:00

Team entries are due by September 21.

For further information contact Bob Darling, Post Gym No. 1, bldg. 63, 561-4120/5032.

Presidio's top all-around athlete

Recently, a member of San Francisco Military Intelligence Detachment (INSCOM), West Coast Battalion, 902nd MI Group, participated in an event aptly called "The World's Toughest Triathlon" at Lake Tahoe, Nevada on September 8. David Palmieri, a 1982 graduate of Boston University with a bachelor of science degree in computer engineering, com-

1984 Flag Football Schedule				
Time	Date	Opponent	Site	
11 a.m.	Sept. 15	Lemoore	NAS Lemoore	
5 p.m.	Sept. 19	Oakland Army Base	Presidio	
5 p.m.	Sept. 26	USS Haleakala	NAS Alameda	
5 p.m.	Oct. 5	Navy Hospital, Oakland	Presidio	
5 p.m.	Oct. 10	Skaggs Island	Presidio	
11 a.m.	Oct. 13	NCS Stockton*	Stockton	
5 p.m.	Oct. 17	Oakland Army Base	Presidio	
11 a.m.	Oct. 20	Sunnyvale AFS*	Moffett Field	
5 p.m.	Oct. 24	USS Haleakala	Preidio	
11 a.m.	Oct. 27	CG Petaluma*	Presidio	

* Double header

pleted the three legs of this event in 15 hours, 8 minutes and 44 seconds and finished 18th in a field of 29 finishers ((fifth in his age group).

The World's Toughest Triathlon began with a grueling 2.4 mile swim through the chilly (60 degree) waters of Lake Tahoe. Upon exiting the water, the competitors changed into dry clothing and began the bicycle event. The bike course was set up over 120 miles in the mountains surrounding Lake Tahoe. Altitudes during the event ranged from 4,720 feet to 9,150 feet. Competitors ended the bicycle race back at Lake Tahoe and immediately started the marathon run (26.2 miles). Finishing in the cold

and dark night. Palmieri persevered to finish this ultimate endurance event. He met the challenge and achieved his goal.

Post flag football

The Post Flag Football team played their first game on September 5 against Navy Hospital Oakland and won 22 to 10.

Star quarterback Rudy Russell (USAG) threw two touchdown passes and ran for another score. His first TD pass was a 60-yard bomb to Jim Roysden (B Co, LAMC). The point after touchdown pass was to Russell Torn (USF ROTC). His next TD pass was: 40 yards long to speedy Jerry

Colburn (USAG). Russell connected with Tom again for the point after touchdown. The final score was a 25-yard run by Russell.

Three other Presidio touchdowns were called back due to penalties. Player-coach Eric Randolph (LAMC) stated that the team will do well this year because of their depth and speed.

Intramural Flag football

The 1984 Intramural Flag Football Program started on September 10 with practice games for the 10 teams entered. All games will be played at the PX Football Field (next to Post Library) Monday through Thursday at 6 and 7 p.m.

Teams entered

USAG	864th Engr.
USAISC	LAMC
6th Army	Oakland Army Base
Co. H DLI	Corps of Engr.
Co. G, DLI	Law Enforcement Co

Post Gym No. 1 closure

Post Gym No. 1, bldg. 63, will be closed all day on September 30 for the U.S. Military Academy Physical Aptitude Examination. All tennis reservations should be made by Saturday, September 29 for Sunday, September 30.

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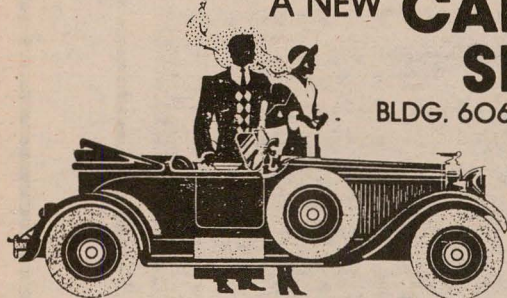
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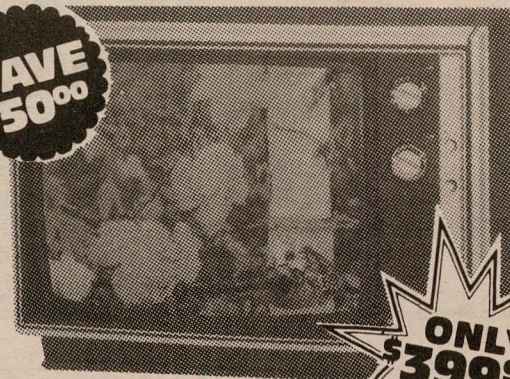


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Fly now, pay later: a tale of visions in the desert / **page 2**

The Pentagon: how and why it got its shape / **page 5**

Electric shop: they light up our lives / **pages 6&7**

Star Presidian

Vol. 27, No. 37

"Published in the interest of the people of the P"

September 21, 1984

News briefs

Employees of the Year

Fifty-four people were nominated for the 1984 Employee of the Year. The following people were selected as category winners in the program this year (but remember, everyone nominated is a winner!):

Administrative—**Rebecca A. McHenry**, Office of Research Contract Management, LAIR.

Clerical—**Ivania V. Brown**, Directorate of Personnel and Community Activities, PSF.

Equal Employment Opportunity—**Charlene McCray**, Patient Administration Division, LAMC.

Management—**Maj. Phillip G. Patterson**, Directorate of Communications-Electronics, PSF.

Professional—**John Gunnarson**, Directorate of Personnel and Community Activities, PSF.

Scientific—**Charles Wade**, Department of Clinical Investigation, LAMC.

Technical—**Tau Faasala**, Directorate of Engineering and Housing, PSF.

Trades and Craft—**Wilfred D. Jacobson**, Directorate of Industrial Operations, PSF.

An awards ceremony is slated for Tuesday at 2:30 p.m. in Torney Hall, first floor, Letterman Army Medical Center. Commanders will present engraved plaques to the category winners. The entire Presidio community is invited to attend.

Rosh Hashanah

Rosh Hashanah, the Jewish New Year, will be observed from sunset Wednesday, September 26, through sunset Friday, September 28. According to the Hebrew calendar, the year 5745 begins.

The Jewish New Year is markedly different in character from the joyous exuberant celebrations of other peoples. It is a profoundly serious day, during which Jews come together to pray, to examine their behavior and their relationship to God and to each other, to remember the past and dedicate themselves to the future.

Jewish soldiers and their families are invited to attend the High Holy days religious services at the synagogue of their choice in San Francisco. For information about these services, call Ruth Callmann at 561-4397, or the Jewish Chaplain, Rabbi Dalin, at 561-2351.



Nicholas, age four, tries on Lt. Gen. Robert Arter's hat for size at the Haight-Ashbury Children's Center.

photo by William Malkiel

6A Cdr visits CFC agencies

by Liz Greeley

A mother drops off her daughter at the Haight-Ashbury Children's Center where she can be assured of low-cost, quality child care.

A newly-retired Chinese senior is devastated when his bank suddenly closes his checking account (although he has close to a thousand dollars on deposit). He turns to Self Help for the Elderly for help. They give him emergency funds so he can avoid eviction.

A young man awaits surgery in the hospital—amputation. But he gets a pre-surgical visit from an amputee who tells him what to expect. He also invites him to the amputee support group sponsored by the Easter Seals of Alameda County located in Oakland.

What do these three real-life events have in common?

They're all services provided by CFC (Combined Federal Campaign) agencies. And they represent the people you help with your CFC contribution.

This year the CFC rallying cry is "Climb aboard—say yes to CFC" and campaign chairman is Sixth U.S. Army commander Lt. Gen. Robert Arter. The campaign will run from October 1 through November 9.

Lt. Gen. and Mrs. Arter recently made a tour of the three aforementioned agencies to see what they had to offer.

At the children's center, parents are assured their children receive two hot meals, an afternoon snack, and a happy learning environment.

On any given day, you might find children painting in a courtyard, indoors singing "the baby bumblebee song" or learning about seashells from one of their teachers.

"We're catering to the working parents and it's really hard for them to find other alternatives," said Carol Penacchio, a program coordinator at the children's center.

Later in the day, the group visited Self Help for

the Elderly, a Chinatown-based agency. Some of their services include:

- escorts to medical appointments,
- housing assistance,
- in-home nursing services (including Chinese-speaking therapists),
- social services, and
- 600 meals a day to seniors.

"I would say the meals program is a very important multi-service program. We serve close to 200,000 hot meals a year—every year," said Anni Chung, director of Self Help for the Elderly.

The meals program is the only service for which Self Help asks for donations from the seniors. Donations average about 90 cents per person for each \$3.75 meal. The Commission on Aging makes up the difference.

For some seniors, their only hot meal of the day is at Self Help's dining room.

Oakland's Easter Seals of Alameda County helps people, too. In fact, their motto is "We turn no one away," according to Christine Bjork, director of client services.

Some of their many services are:

- physical therapy,
- occupational therapy,
- speech and language therapy (especially important to stroke victims), and
- an amputee support group.

According to Bjork, Easter Seals of Alameda County accepts insurance and whatever payment patients can make, but, she emphasizes, they turn no one away.

These are only three agencies your CFC contribution helps: there are many others.

Maybe it's better not to think of CFC as the Combined Federal Campaign at all. Perhaps it's better to think of CFC as the children at the Haight-Ashbury center, the seniors at Self Help, the disabled at Easter Seals—the people your CFC donation helps.

Opinions

TAKE A BITE OUT OF CRIME



Ramblin' Sam

Count locks instead of sheep

by Bernard V. Cannon

"Here they go again, the MP's are telling us to lock up everything in sight. It's not a very interesting or intellectual topic to discuss. Those MP's have a one-track mind, which is stuck on the track."

Does that sound familiar? The MP's who monitor the heartbeat of the Presidio realize that although Presidio is a beautiful place, it is a bad place to leave houses, cars and offices unsecured. Larceny or (theft) is by far the biggest crime problem on Presidio, and in most cases, they are crimes of opportunity, in that the victim makes the mistake of leaving his or her property unsecured. The world is composed of many different types of people—some will steal the eyes out of your head and others specialize in hubcaps.

Protecting yourself should start in your home—use your door and window locks. Just good advice you say. Be that as it may, in more than 40 percent of home burglaries, the perpetrator merely walks in through unlocked doors and crawls through unlocked windows. Any structure can be infiltrated, but by making it difficult, the intruder will not take the risk. For people that have children, periodic home security plans should be discussed, even in the form of a game, as long as the children understand the principles and the seriousness of the plan. Make sure your children

can lock and unlock all doors and windows, and know how to react in emergencies.

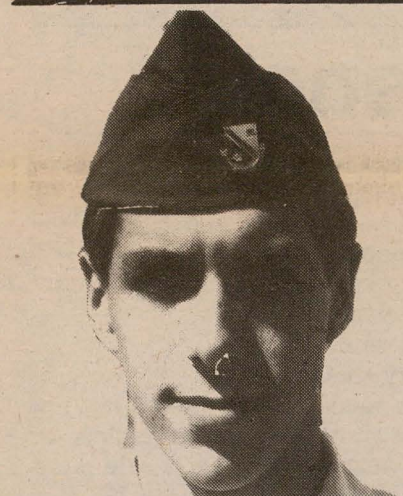
Once you have considered your home security needs, you should think about your commute to and from the workplace and your security while on the job. For specific assistance, or group training, call your Crime Prevention Office at 561-5011.

At times, so many unlocked cars are parked on the Presidio that should a car thief be caught, all he would have to say to the cops is, "I thought it was a used car lot and I was inspecting the inventory!" If that sounds farfetched, next time you are walking around your favorite parking lot, look around.

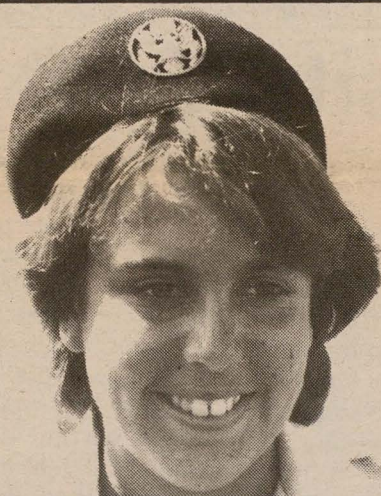
Last month eight wallets were stolen on the Presidio. No place was sacred or immune to thefts, which included gymnasiums, barracks, hospital wards and offices. Three housebreakings occurred in Presidio housing areas. No piece of property was sacred, and included car batteries, socks (from the PX), garden tools, bicycles, stereos, a utility trailer and the list goes on. Yes, socks!

It's time for Presidians to apply their Neighborhood Watch doctrine and refuse to take this attack on the quality of life on the Presidio! Fight back! Fight back by reporting suspicious activities. And when you go to sleep at night, do what your MP's do; count locks instead of sheep.

"How does taking drugs (alcohol, cocaine, etc.) affect job performance?"



PFC Robert Defreitas, Spanish language student, DLI, "There's no way it can be beneficial to job performance."



PFC Dawn Hagman, Spanish language student, DLI, "You just couldn't do your job as well, you would have poor judgment."



MSgt. John Rogers, chief of operations NCO, DCSLOG, Sixth Army, "The ones who take drugs can't seem to concentrate, resulting in a backlog of work because they can't keep up with it. Also they are always late. You can't count on them."



Sp4 Cynthia Williams, morse code interceptor, DLI, "You couldn't be as aware of what's going on around you and you wouldn't react as fast."

Editorial

Fly now, pay later

by Liz Greeley

I once knew a guy I'll call "Tom." Tom and I lived in the same apartment building several years ago.

He was musically inclined, loved the Beatles, and had experimented with a lot of things in his life—one of them was drugs.

According to Tom, when he was

in his early twenties he went to live with an Indian tribe somewhere in the great Southwest. He lived, ate and slept as a member of the tribe and even helped sell souvenirs to the tourists.

The day came when he was accepted into the tribe with the requisite ritual.

Tom, with his strong feeling of kinship with the tribe and in Indian tradition, eventually took peyote for the magnificent visions it was supposed to induce.

But he said peyote didn't affect him the way it did the Indians. Ten years later, when I knew him, Tom still 'saw' small demons which he claimed followed him wherever he went.

Peyote, according to drug reference books, is a cactus that grows in the Southwest; its active ingredient is mescaline, a mind-altering drug that produces vivid hallucinations and is similar to LSD.

Once when I was standing in the

apartment building hallway talking to him, Tom was carrying on a three-way conversation—me and his two hovering chimeras. "Will you shut up! Will you just shut up and leave me alone!" he shouted at them.

Then he went through a period of depression after he quit his job. He was fed up, he said, of his creatures following him around.

One Saturday I came home after a late-afternoon movie. I found Tom

Please see page 3

The Star Presidian is published weekly by Coast Publishing as a civilian enterprise in the interest of the military and civilian personnel at the Presidio of San Francisco, California.

The Star Presidian is not an official Army newspaper. The views and opinions expressed in the newspaper represent individual writers of the publisher and are not to be considered those of the Department of the Army or any of its agencies.

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lying in the hall under a blanket. When I lifted it, I saw he was unconscious and his arms were covered in blood.

After I called the ambulance, I went looking for the weapon. I walked through his open apartment door and into his bathroom—the knife was on the bathroom floor.

It was like a scene out of the movie *Psycho*—blood was splattered everywhere—the floor, the walls, and the bathtub... I will never forget it as long as I live.

Tom survived. His wounds looked worse than they really were, though he had lost a lot of blood and spent several hours in the hospital emergency room. He had numerous small, self-inflicted stab wounds—"hesitation marks" a policeman at the hospital called them.

A friend told me afterwards that Tom was suffering from 'drug-induced psychosis'. Since my friend majored in English literature, I

won't vouch for the accuracy of his diagnosis.

But Tom told me he had tried to kill himself because he just couldn't stand living with his demons and hallucinations any longer.

I went to visit Tom at the psychiatric hospital. Eventually, he recovered somewhat and moved to a halfway house. A couple of years later I ran into him on the street. He was much improved though still not completely well.

Two things about the whole experience struck me most forcibly:

One was what a terribly sad and ugly business a suicide attempt is.

The other was the price—the monumental *price* Tom paid for his youthful flirtation with drugs.

Editor's note: "Tom" is a real person and all the facts depicted are actual events in his life as related to the author. Only his name was changed to protect his privacy.

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agement in record time. High visibility with upper management.

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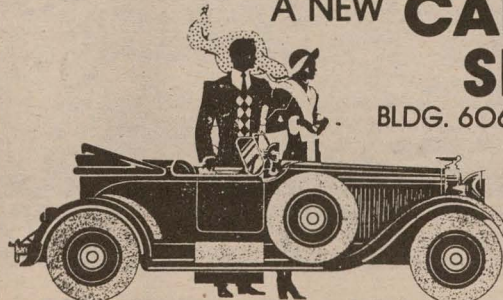
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Feature

Pentagon designers told project a 'rush job'

by Tom Condon

In the spring of 1941, the Germans attacked the Balkans and moved into Athens. Yugoslavia surrendered. That summer, the Pentagon was hurriedly designed.

Construction started on Sept. 11 to bring together into a single building the approximately 24,000 War Department employees scattered throughout the Washington D.C. area.

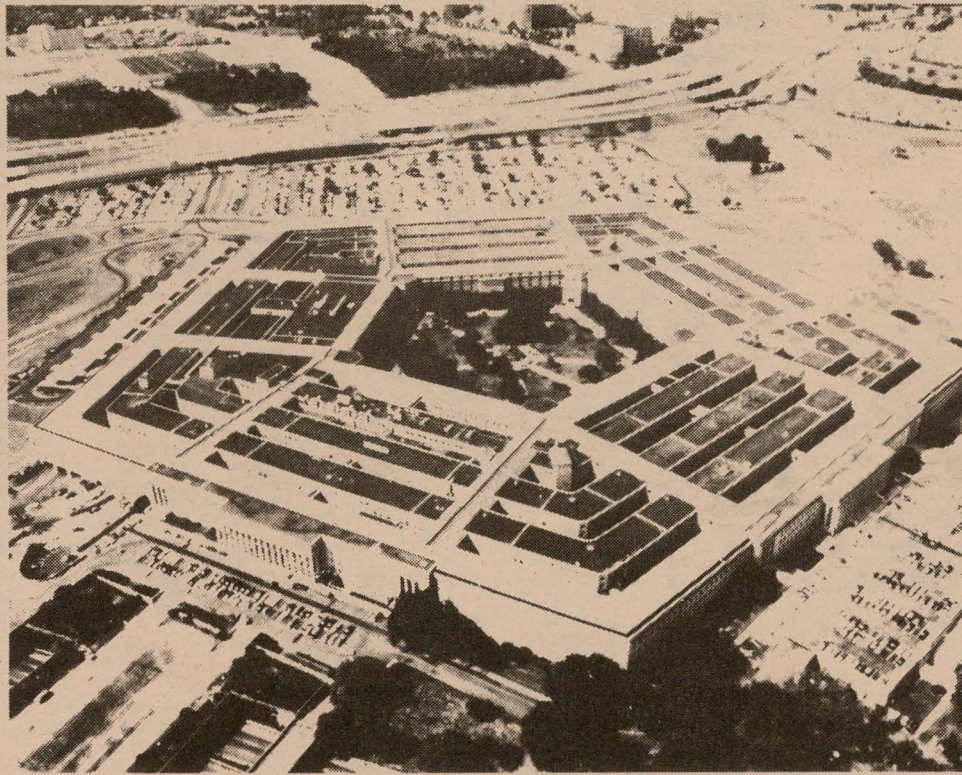
Scheduled for completion in four years, the project was speeded up when the Japanese bombed Pearl Harbor that winter. About 13,000 laborers worked around the clock to finish the \$83 million project—the world's largest office building—in only 16 months.

"It was a rush job," an Army spokesman said. "The Secretary of War called the chief of the Army Corps of Engineers on a Thursday and wanted the design concept by Monday."

The building housed about 35,000 military and civilian personnel during its World War II peak. As the communications hub for an Army of more than 8 million, it proved to be very effective.

With 17½ miles of corridors, the five-sided, fortress-like structure was designed so that it would take only seven minutes at most to walk between any two rooms—a vitally important feature for a communications headquarters in wartime.

The site in Arlington, Va. was considered a good one. It was not far from the main cluster of federal buildings on Constitution Avenue in



U.S. Air Force photo

The Pentagon is the world's largest office building and is headquarters for the Department of Defense, the Army, Navy and Air Force.

Washington, D.C., just across the Potomac River. The government already owned most of the property, and the site was away from city traffic.

However, the plot was an odd shape. Architect G. E. Bergstrom had the job of designing the building to fit the plot.

The War Department was trying, of course, to use as little steel as possible in all construction projects,

as was the rest of the country. This was accomplished by limiting the height to five stories and using concrete reinforced with steel. Enough steel was saved this way so that an entire battleship could be built.

However, by today's architectural and engineering standards, the building is considered inefficient. A spokesman for the Army Corps of Engineers at the Pentagon said the corridors and ramps waste too much

space. There are no elevators—only escalators, ramps and stairs.

"We can get the same square footage today without using up a lot of real estate, by building up instead of out," the spokesman said.

The building covers 29 acres and has about 6½ million square feet of floor space, which makes it three times as large as the Empire State building. It has about 30 miles of access roads.

Today, as headquarters for the Department of Defense, the Pentagon has the enormous task of managing, training, equipping, housing, feeding and caring for the more than 2 million men and women of the Armed Forces and their families worldwide.

It is headquarters for the Secretary of Defense, the Joint Chiefs of Staff and other key personnel of the military services.

Its National Military Command System supplies the President, the Defense Secretary and the Joint Chiefs with up-to-date information upon which decisions are made and transmitted to military personnel around the world.

It is practically a city in itself. There is a shopping center on the concourse that includes a department store, post office, barber shop, jewelry store, shoe repair shop, bakery, bus and taxi facilities.

To feed more than 30,000 employees, there are two restaurants, six cafeterias, nine beverage stands and an outdoor snack stand.

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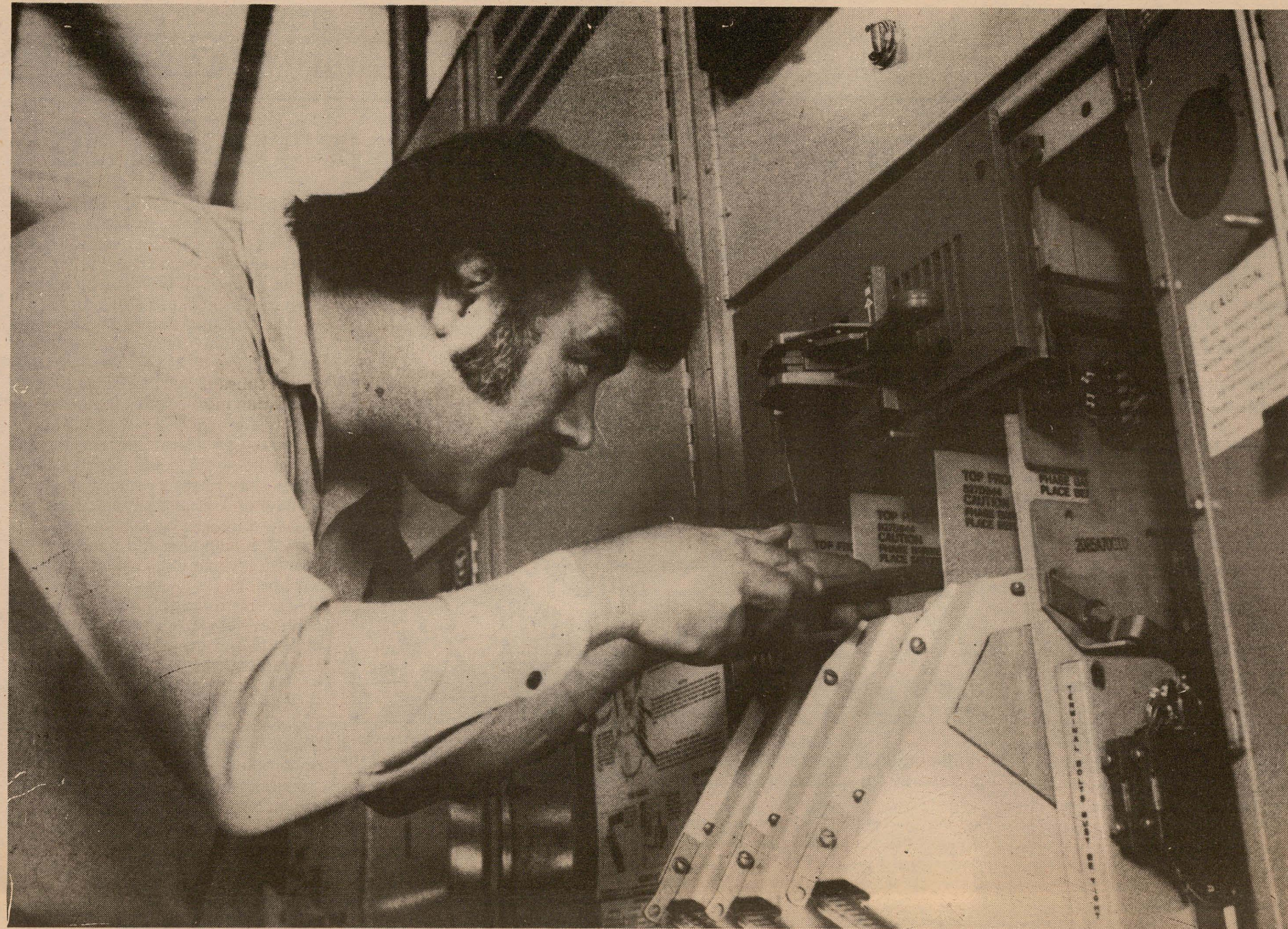
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Manny Fernandez checks for a motor malfunction at the Waste Water Treatment Plant.

photos by Bob Walker



Gerack installs a conduit for computer circuits in bldg. 101, Finance and Accounting.



George Gerack measures a conduit.

Post Engineers

The 'electric' crew at DEH

by Bob Walker

Tempers sometimes short circuit when electrical repairs are delayed, but upon inspection of the matter, circuit breakers should be reset, and tempers cooled.

The Electric Shop workers take care of interior power such as circuits, transformers, and a lot of computer installations for the Presidio. The shop's exterior line department linemen work with both high voltage overhead and underground lines and transformers. The generator division maintains generators used for emergency power when the power goes out. There's also the motor repair shop repairing electric motors around the post. And an alarm crew handles the fire and intrusion alarms.

Is this really alarming?

It is when you consider the fact the Electric Shop has only 12 workers in the interior department and 11 workers to handle the exterior line department, the generator division and the motor repair shop. And that's not just for Presidio—it includes the subposts of Forts Baker, Barry, Cronkhite and Mason.

Kermit Lamm, work leader at the interior electric shop said, "We support the fleet as they might say. That's exactly what the shop does. It supports the Army's missions and the families that live here."

Phil Torres, the interior shop foreman said, "People sometimes get mad because of not getting their work done sooner. It takes time to get materials and to get work scheduled after the job has been appraised."

Lamm said, "The job varies. Sometimes it's mellow and at times it's hectic. Sometimes the smallest job turns into the biggest job."

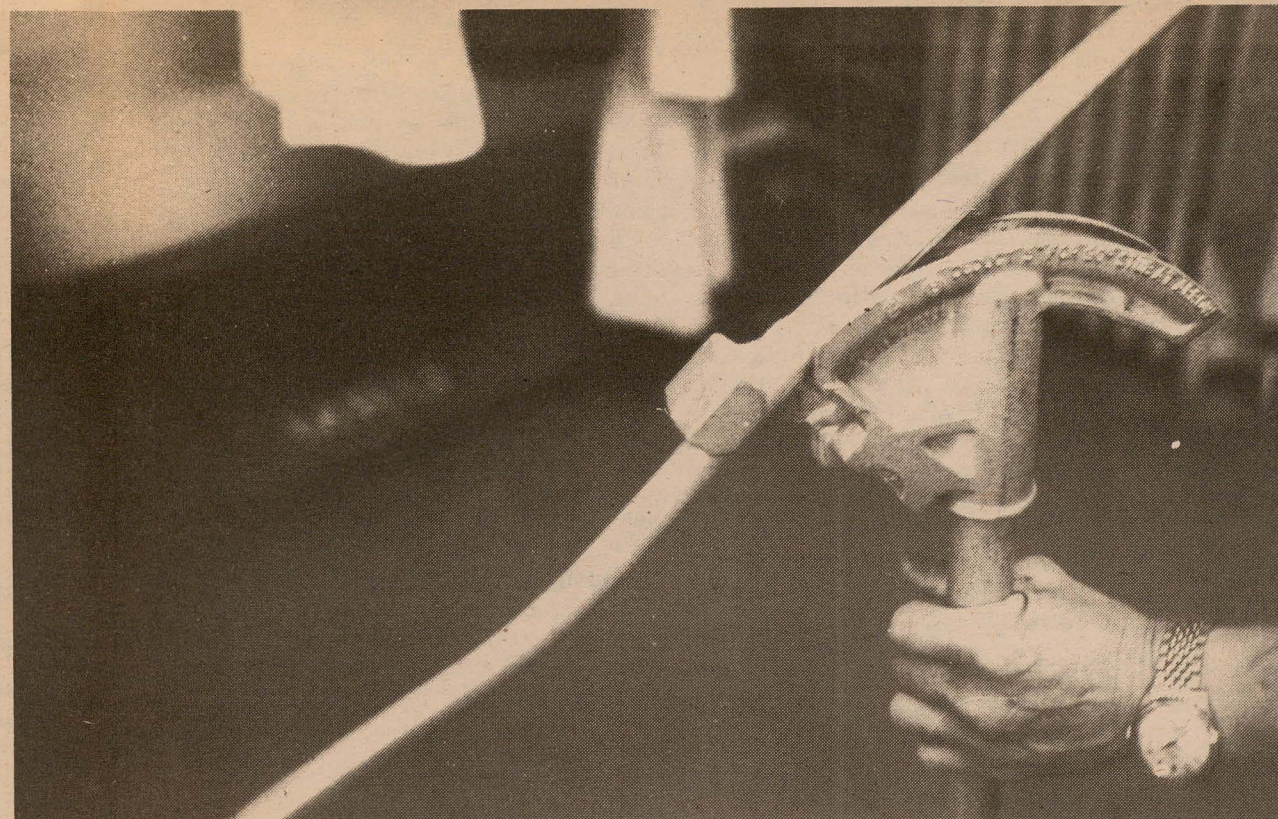
George Gerack, an interior electric shop worker, has been doing the same job since 1955 and has worked for the government for almost 34 years. He said, "We are doing mostly installation work right now, putting in computers all over the post. Computers have to have their own circuit."

"Today there aren't many old-timers around, there's mostly new people."

Les Tucker, another interior worker said about his job, "Satisfaction is a job well done and a satisfied customer when we're done."

The most miserable part of the job is putting in lines in attics containing fiberglass insulation, according to Jim Eng.

So your electrical problem hasn't been repaired yet? Just remember the work load the shop has to bear. While you may be sitting in front of a word processor, these people may be crawling through fiberglass insulation in a stuffy attic on a blistering hot day—all to make your work easier.



Hank Wong bends a conduit to fit while installing computer circuits.



Gary Scotto energizes a transformer which feeds electricity to the Golden Gate Bridge.

Community Calendar

Red Cross

Red Cross Orientation for volunteers at LAMC, September 25, 1984, 9 a.m. to 12. Red Cross District Office, building 97.

Vietnam Relief Fund

The Post Chapel will take another of their regular designated offerings for the Vietnam Veterans Relief Fund of Northern California this Sunday. The Chapel congregation entered into a partnership with the Vietnam Veterans Relief Fund several months ago, pledging the "seed" money to help begin their work with Vietnam and their families.

Most of the vets that are being helped have been diagnosed by the Veterans Administration as suffering from post-Vietnam traumatic stress.

Larry Connally, president of the non-profit organization located in Weaverville feels that only through the generosity of the Post Chapel have they been able to carry out this dream. Connally, a former Marine and a Vietnam veteran, says that many studies are being conducted on why Vietnam affected some soldiers so severely and others seem to be untouched.

Lt. Col. Norm Chung from Sixth Army feels that career soldiers saw Vietnam as simply another duty. The career soldier continued on while young soldiers with Vietnam as their only military experience were severely traumatized.

Retired Lt. Col. Dick Allphin, a strong supporter of the Vietnam Veterans Relief Fund (whose son Mark served in Vietnam), says that he supports the fund because in so doing we are living up to the motto of "looking after our own."

Child observation class

Come to school with your child! Share your child's first school experience in a tuition free child observation class! The class is for parents and pre-school children, aged 15 months through 4 years old. Watch your child paint, dig, run, climb, build, do puzzles, ride, sing, hear stories, play with other children—learn! You can discuss discipline, toilet training, development, handling anger, television, and many other areas of parenting with other parents and a certified teacher with early childhood training and experience. Classes are on Tuesday and/or Thursday morning, 9 to 12 noon, in bldg. 566, Ruger Street, (Girl Scout building—just inside the Lombard Street Gate).

Register at bldg. 566; for information, call 346-2246. This program is sponsored by San Francisco Community College District and Child Development Services, Presidio of San Francisco.



photo by Bob Walker

Hispanic Week

Peruvian folk dancers perform during Hispanic Week activities on September 13.

Arts and crafts fall schedule

Basic Wood Beginners, Fridays, September 21-October 19; October 26-November 30; 6:30-9:30 p.m., 5 weeks, fee: \$6.

Wood Room Dividers and Shoji Screens, Mondays, October 1-December 3, 6:30-9:30, 8 weeks, fee: \$20.

Matting and Framing Workshops, Fridays, December 7 and December 14, 6:00-9:30 p.m., two separate workshops, fee \$3.

Stained Glass, Beginners, Wednesdays, October 31-December 5, 6:30-9:30 p.m., 6 weeks, fee: \$22.

Stained Glass Lamp Making Tiffany Style, Thursdays, October 25-December 20, 6:30-9:30 p.m., 8 weeks, fee: \$10.

Glass Sand Blasting Workshops, Saturdays, November 3 and November 10, two separate workshops, 9 a.m.-2 p.m., fee: \$8.

Ceramic Slip Casting-Intermediate, Tuesdays, October 30-November 27, 9:30-12:30 and Thursdays, November 1 - November 29, 6:30-9:30 p.m.; two separate classes, 4 weeks, fee \$8.

Pottery, Intermediate, Wednesdays, October 31-November 28, 6:30-9:30 p.m., 5 weeks, fee: \$8

Ceramic Raku Party Saturday, September 29, 10 a.m.-4 p.m., fee: \$6.

Photography Beginning Black & White, Tuesdays, October

16-November 6; November 20-December 11; two separate classes, 6:30-9:30 p.m., 4 weeks each, fee: \$6.

Photography II Intermediate Black and White, Thursdays, October 18-November 8; November 15-December 13, two separate classes, 6:30-9:30 p.m. 4 weeks ea, fee: \$6.

Color Photography, Wednesdays, November 28-December 19, 6:30-9:30 p.m., 4 weeks fee: \$6.

Photo Workshops, Saturdays, one per month, 9:00 a.m.-4:30 p.m., fee: \$10 for each. I.

Large Format Photography Saturday, September 29. II.

Some classes and workshops also require materials which are sold at Crafts Resale Store. For registration and further information call Arts and Crafts Center, bldg. 122. 4497 Don't forget the Automotive Repair Center, bldg. 662. We offer you assistance and all the tools and equipment for your car maintenance, repair, and re bldg. 5521.

Post chapel

The Post Chapel will honor its number one citizen on Sunday, September 21, a the 11 a.m. service. Mrs. Mary Esther Bigham will celebrate her 96th birthday. Last year at a special celebration for Mrs. Bigham at the Religious Activities Center, Mrs. Bigham brought down the house with her comment, "Meet me back here at the same time next year."

Bay Area defense

There was a day when ominous steel gray guns pointed out to sea from the Golden Gate. While these guns have been removed from their original emplacements, the public can still learn more about such early 20th century defense systems on Saturday, September 29. That day the Fort Point and Army Museum Association will sponsor an afternoon of speakers and discussion on the topic of "Wings and Guns: Defending the Golden Gate, 1900-1938." Speakers will discuss the era of the long range guns located behind Fort Point; the fast-firing rifles situated near Baker Beach, and the giant guns concealed in the Marin cliffs. Also under discussion will be the role of submarine mine defense, inter-service rivalry, and concern with the foreign threat. Three panelists who served in the Bay Area will wind up the afternoon's discussion with their personal accounts of what life was like during this era.

The conference will be held at the Presidio in the Presidio Cultural Center (bldg. 385) from 1 to 4 p.m. The registration fee of \$2 will be waived for members of the Fort Point and Army Museum Association and active members of the Armed Forces. For more information about the conference, please contact the Fort Point and Army Museum Association at (415) 921-8193.

Cub scouts

Cub Scout Pack 77 invites all cubs and their parents to the first pack meeting of the new year on Thursday, September 27 at 7 p.m. at the Cub Scout Hut, bldg. 1219.

Registration for new and returning cubs will be accepted. Please call Mrs. MacPherson at 921-3062 for information about Tiger Cubs.

Take time out for a tour

- **Oakwood Lake Resort**, Sat., Sept. 22, 9 a.m.-8 p.m; cost, \$15.
- **Marine World Africa USA**, Sat., Oct. 6, 10 a.m.-6 p.m. \$13
- **Panda Tour, S.F. Zoo**, Sat., Oct. 13, noon-4 p.m., \$2.
- **Napa Wine Tour**, Sat., Oct. 27, 10 a.m.-5 p.m., \$5.
- **Great America Halloween Tour**, Wed., Oct. 31, 4-9 p.m., \$15.

For additional information please call 561-2000 after 2 p.m.

Flea market

Sat., Oct. 20, 9 a.m.-3 p.m. at the Community Center Log Cabin, bldg. 1299. Hours of operation are: Sun.-Thurs. and holidays, 2-9 p.m.; Fri. and Sat., 2-10 p.m. For more information call 561-2000 after 2 p.m.

At the movies

Presidio Theater

Sept. 21	The Muppets Take Manhattan (G)	7 p.m.
Sept. 22	The Muppets Take Manhattan (G)	7 p.m.
Sept. 23	The Muppets Take Manhattan (G)	2 p.m.
Sept. 23	Purple Rain (R)	7 p.m.
Sept. 24	Purple Rain (R)	7 p.m.
Sept. 25	Purple Rain (R)	7 p.m.

Sept. 26

Sheena (PG)

7 p.m.

Sept. 27

Best Defense (R)

7 p.m.

Schwartz Theater

Sept. 24	The Muppets Take Manhattan (G)	7 p.m.
Sept. 26	Purple Rain (R)	7 p.m.
Sept. 27	Sheena (PG)	7 p.m.

Sports

Flag football clinic

Mr. Jim Lineberger, a member of the National Flag Football rules committee will conduct a rules interpretation clinic on Monday, October 1, starting at 1 p.m. at Post Gym #1 for all coaches, officials, players and interested personnel.

Mr. Lineberger is a former PAC 10 Football official and has had the honor of officiating in the Rose Bowl Game, the granddaddy of all bowl games. For the past 20 years he has conducted football clinics for the Armed Forces all over the world.

Flag football

The Post Flag Football Team is off to fine start as their record stands at 3-1.

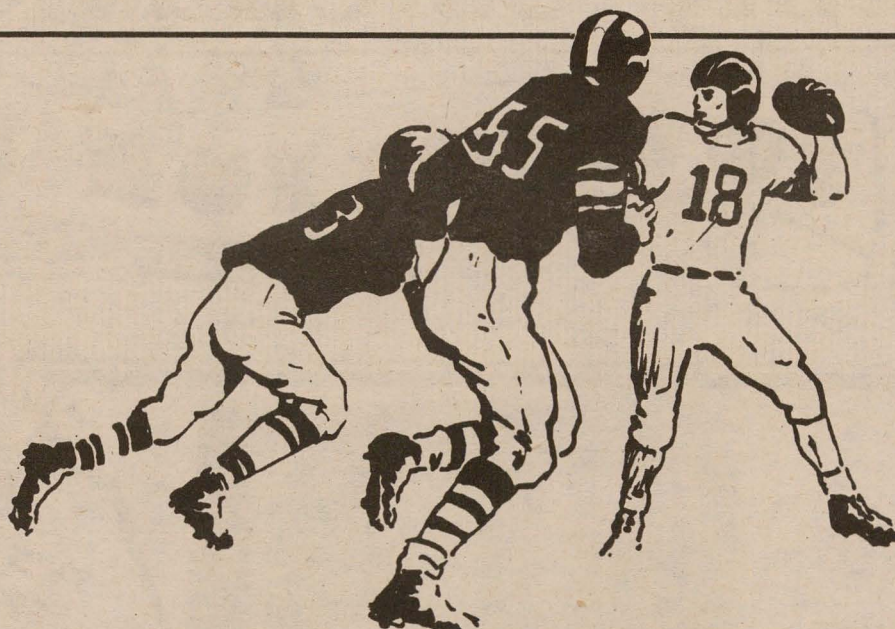
They defeated NSGA Skaggs Island 24-10, as their pass offense continues to do well. Super passer Rudy Russell (USAG) threw three touchdown passes.

The first one was 60 yards to Cedrick Archie (USAG) followed by a successful point after touchdown pass from Russell to Vanmeter (USAG). Russell then threw a quick 20 yards to Copers (USAG).

The defense rose to the occasion by scoring two points on a safety.

The final score was a 40 yard pass from Russell to James Murphy (USAG). The point after touchdown was a pass from Russell to Russell Toms (USF ROTC).

The team then split a double header with NAS Lemoore. They won the first game 26-16, then lost the next one 16-10.



Intramural flag football game schedule

All games to be played at the P.X. Field (Next to Post Library).

September 24, 6 p.m. - USAG vs 864th Engr.

7 p.m. - Corps of Engrs. vs. Oakland AB.



September 25, 6 p.m. - USAISC vs. LEC

7 p.m. - 6th Army vs. 864th Engrs.

September 26, 6 p.m. - LAMC vs Oakland AB

7 p.m. - USAG vs. Corps of Engrs.

Aerobics!

Join anytime! Register with instructor at class. Open to all ages, all levels of fitness, both men and women. (Participants are encouraged to exercise at their own pace). Call 561-5120 or 381-3382, for more information.

Dance exercise class

The dance exercise classes conducted Monday through Friday 11:30-12:30 p.m., at Post Gym #1, bldg. 63 will be changed to Monday, Wednesday and Friday only effective

Oct. 1. This will be on a trial basis.

Classes are open to all adult personnel who live or work on post.

There is a free introductory class.

A pro-rated fee is charged for further classes.

For more information, contact the Sports Branch office at 561-4120/5032.

Women's basketball

The Post Women's Basketball Team is conducting tryouts at Post Gym #2, bldg. 1152, Monday through Friday from 5-7 p.m.

There is a need for additional players.

The team will compete against other military and club teams in Northern California.

For further information contact the Sports Branch office at 5561-4120/5032.

YA soccer players needed!

More soccer players are needed for our under 10 and under 14 teams. If you are interested, give us a call at 561-5143. We would enjoy having you on our teams.

Volksmarch III

Sunday, Oct. 14, 9 a.m.-4 p.m. Pre-registration is \$4 for patch and IVV stamp. Late registration after Oct. 9 is \$5. Obtain your registration from from either the ITT office or the Recreation Center during regular operating hours.

Jimmy the Freak

Just a so-so week for the Freak with my last predictions - although I did hit two of my upsets of the week. You have to keep in mind that I make a concerted effort to decide which teams will win not with my emotions, but with my mind—and there's just not a whole lot to work with! In fact, Mrs. Freak claims that she's seen more grey matter in a bowl of tofu. Ah, women... you can't live with 'em and you can't live with 'em... or something like that.

San Francisco 34 Philadelphia 17

If the 49ers play as they have for the past three weeks, the score will be 30-0 at the end of the first quarter, and then they'll hold on to win after losing a dozen or so players to minor injuries.

Cincinnati 27 Los Angeles 17

Ferragamo may be a bozo, but he's their best bozo. The Rams are really entertaining—if you like to watch Dickerson running the ball and then watch their cheerleaders try to jump out of their leotards. The rest of the team's act is booooooring!

Detroit 23 Minnesota 20

The Lions are not too bad. The Vikings are not too good. The dif-

ference is about three points. Get the whip ready, Les.

Buffalo 27 New York Jets 21

There aren't many discos in Buffalo, so the Jets do not have any incentive to win the fight. Besides, the Jets are totally unpredictable... they're up and down more often than an elevator operator.

Pittsburgh 30 Cleveland 16

If the Browns play like they did against the Broncos, they may be medical science's answer to insomnia. It was the first instance of 49 sleep-walkers being in the same place at the same time. Bring back Jimmy Brown!

New Orleans 23 St. Louis 17

Should the Saints decide to start Richard Todd instead of The Snake, then just reverse this prediction. Against the 49ers, it appeared as if Stabler had all of the "antifreeze" removed from his system and replaced with ice water. He does give us old guys something to be proud of, doesn't he?

Washington 33 New England 30

The game has the potential to be even more high-scoring than my

prediction. Although the Patriots have been looking very impressive, I believe that they have to catch their breath after the Seahawks' game. The 'Skins will take advantage of it.

Seattle 28 Chicago 24

The Seahawks will try to make it up to their fans at home. Payton will have a much better day than Harris and get even closer to breaking the rushing record. At this point Franco can't carry Walter's cleats.

Miami 31 Colts 20

The Colts have two chances against the Dolphins in Miami—slim and nil. Unless they lose Dan Marino to injury, look for Miami to win the AFC this year.

Dallas 34 Green Bay 27

This should be an interesting game to watch. If the Packers could keep their defense off of the field most of the time, they would have a better chance to win.

Kansas City 26 Denver 20

The Chiefs have the potential to be one of the "el primo" teams in the NFL. If they play as hard against the Broncos as they did against the

Raiders.... well, you can turn out the lights... the party is definitely over.

Tampa Bay 0 NY Giants 31

Just checking to see if you're awake! There is absolutely no way that the Bucs have a prayer in this game. Bet the farm, the mortgage, the kid's college fund and that money you've hidden from the wife for your fishing trip on this game.

LA Raiders 29 San Diego 17

It's like men against boys... darn it! As much as you hate 'em, you have to admit that the Raiders play winning football. They're dirty... but effective. I wonder if there's any truth to the rumor that Al Davis is really Martin Bormann?

Upset of the Week

Houston 23 Atlanta 20

The Oilers are a talented, but young, football team. One week they will break out of their collective slump and beat up on another team. Watch out, Falcons... I think this is the week!

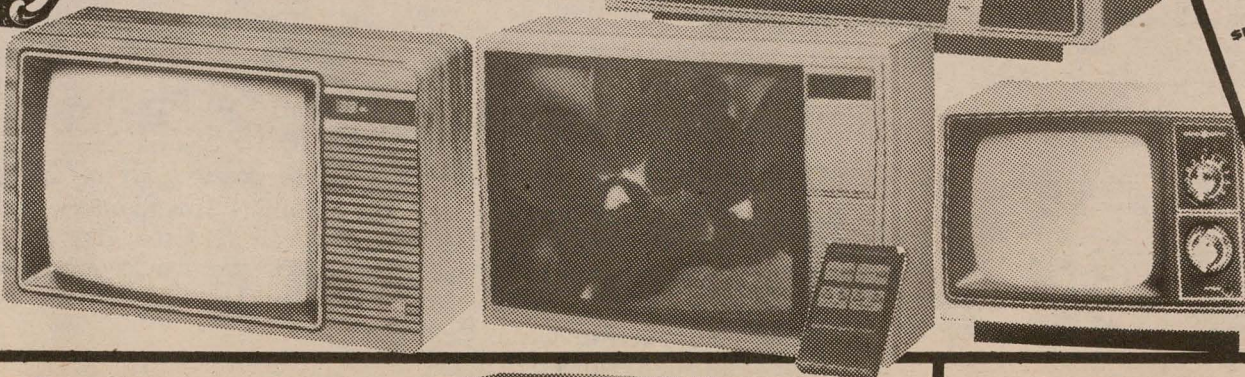


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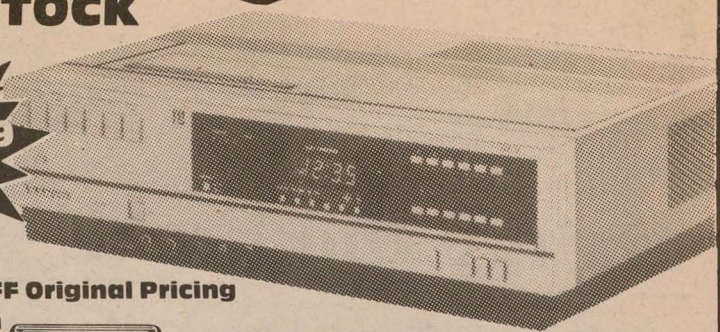


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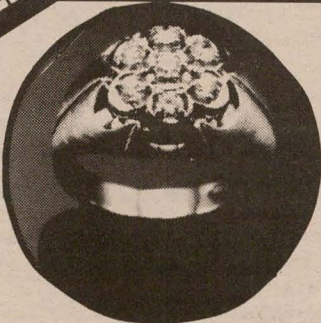
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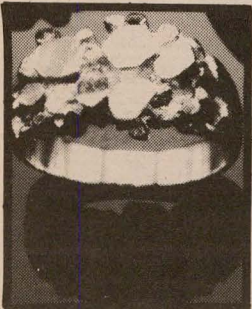
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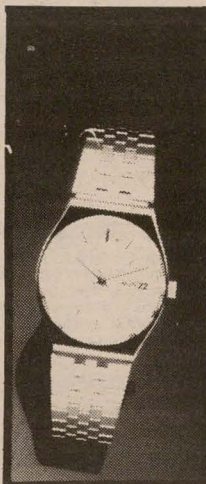
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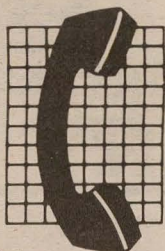
				
				
				
				

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474D

Don't make me crazy!
a desperate plea
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Star Presidian

Vol. 27, No. 38

"Published in the interest of the people of the Presidio of San Francisco."

September 28, 1984

News briefs

Pet care

"The 1984 Defense Authorization Act states that effective October 1, 1984, the Secretary of Defense shall require that a member of the Armed Forces pay a fee of \$10 for each time that a pet of such member is provided veterinary care service by a member of the Armed Forces."

The House Armed Services Committee voted a provision which would delay the effective date until October 1, 1985, but as of *Star Presidian* press time on September 25, Congress has yet to act on this provision. Therefore, military veterinary services for privately owned pets of soldiers will be temporarily suspended effective October 1, 1984.

The staff of the veterinary activity wishes to emphasize that the suspension is temporary. This does not preclude life-threatening emergency pet care, the examination and issuance of health certificates for pets being shipped overseas, or the sale of pet care products.

The temporary suspension will end as soon as possible following appropriate Congressional action.

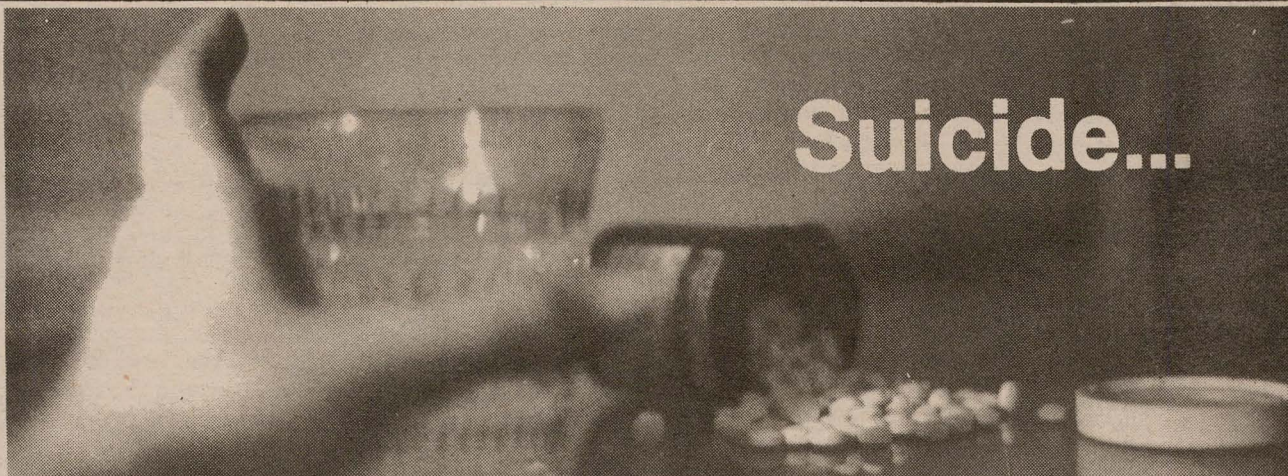
BSEP Class

If you're planning to retest on the ASVAB to raise your scores to reenlist, to qualify for a military school or to change your MOS, enrollment in the next BSEP class may be exactly what you need to sharpen your basic skills.

The next BSEP class will be held at the Education Center, bldg. 1216, 8-11:45 a.m., from October 1 through December 14. In addition to helping students prepare for the ASVAB, the classes are a good preparation for the high school GED tests. If you need more information or want to enroll, call the Education Center at 561-2974/4445.

Opportunities for family members

The Army Education Centers at Ft. Scott, bldg. 1216, and LAMC, bldg. 1007 have received reference copies of a new version of DA Pamphlet 352-2, *Education Assistance and Opportunities Information for Army Family Members*. The 13-page pamphlet describes financial aid programs, adult education programs and services at Education Centers, and Department of Defense Dependents Schools overseas. Anyone interested may consult this publication Monday through Friday, 7:30 a.m. - 4:15 p.m.



by Bob Walker

The recent death of a 13 year-old boy at Fort Ord has brought considerable attention to the subject of suicide. The boy hung himself to spare the family one mouth to feed—a result of depression from change of assignment difficulties.

The Presidio Post Chapel took a designated offering for the Ford Ord family of over \$600. David Hall, a retired warrant officer and an active member of the congregation represented the Post Chapel in presenting the offering to the family. After visiting the family Hall said that we all need to be more aware of children's feelings, especially those in military families that need help.

Dr. Mike Garanzini agrees with this concept. Garanzini, a child psychologist and a priest at the University of San Francisco has had two years experience working at a suicide prevention center.

Garanzini said, "Families transferred from post to post accept the loss of their home. Some may feel it a relief to see a new place. They are supposed to accept their new home happily. Sometimes they fail to accept this and fall into a depression which can result in domestic violence, drinking, use of drugs, withdrawal and separation or divorce. The solution to people accepting a loss during a transfer doesn't lie in material things. There has to be a support system which may not cost anything at all. The new post should check on the family quickly as part of a support system."

According to Garanzini, when a person becomes depressed they may consider suicide. He said, "Everyone has thought about suicide or what it would be like."

According to Garanzini, depression falls into three categories, as follows:

- The person who is so depressed that they are very tired and angry. They need to confront people. "You can easily get angry at them because they won't talk. It's very draining to try to get them to talk," Garanzini said.

- The manic type displays the up-side or happy side of a depressed person. They are lively to the point of being frightening; they are out of control. "It too can be very draining. When you try to get them organized you can become frustrated and frightened," he said.

- The reactive type depression is due to real or imagined loss. It is the easiest to deal with. Being friends and giving support to the reactive type is

easy, but it can be frustrating if the friend feels incompetent to cope with the depressed person. This is a common type of depression.

According to Garanzini, the people who write notes are the most serious about suicide and need the most help and attention. He said, "Never ignore the suicidal comment that isn't taken back, it's a flag or fireworks going off [indicating] that the person is serious about suicide."

According to Garanzini, suicidal tendencies are most prevalent in the following groups:

- Women in mid-life.
- Men in their late 20's or early 30's encountering feelings of failure to achieve.

- Teenagers—especially those 15 to 18 years of age (suicide figures have doubled over the past 10 years). Many are described as accidents due to drugs or alcohol, as it is easier for the family to accept accidents. Accidents are the number one killer of teenagers and are often related to depression. It is normal for teenagers to be depressed, going through body changes, according to Garanzini.

"Men are more likely to go through with suicide than women. Also there is a myth about well-to-do people not being suicidal. Suicide is not a respecter of economic status or age," he said.

"When dealing with a suicidal person, don't panic if the person says they have thought of suicide. Try to get the person talking to you. Ask them questions, focusing on their feelings as you do so. Stay with the person and focus on them. Know the seriousness of the matter. Don't walk away from the person. Don't judge their proposed actions. Assume that the person wants to be talked out of committing suicide. Some feel unworthy to seek help in a direct way. Help them make plans for the future—something to be done in a day or even in an hour if you have a good suggestion or two. Help them out by getting the phone numbers for referral sources, driving them or telling them you'll call to follow up on them. Tell them when you'll call, you have to be definite," Garanzini said.

Caring and giving hope can be a big help to someone thinking about suicide. If people were aware of other's feelings there could be fewer suicides.

We can prevent a tragedy like the one at Ford Ord from happening again—if we listen.

Opinions

TAKE A BITE OUT OF CRIME

Tips for tourists

San Francisco is a city of nearly 700,000 good law-abiding people. But, like many other large communities, it also harbors a sprinkling of criminals, some of whom may want to make you their target. The following tips, prepared by experts in the San Francisco Police Department, may help your stay in San Francisco be more enjoyable and keep you from becoming a crime statistic.

Foiling robberies:

- Be aware of where you are on the streets.
- Turn around and leave the area if it looks unsafe to you.
- Don't physically resist attack; you could end up losing more than your valuables.
- Phone the police at once; dial 9-1-1 if you have been robbed.

Avoiding pickpockets:

- Men: Carry your wallet in the inside of your coat. If you must carry it in your rear pants pocket, place a comb sideways in the wallet with the ends of the comb protruding past the edge of the wallet and with the teeth facing up.
- Women: Carry shoulder bags with your arm around and outside the bag. If you must carry a purse, keep it under your arm; don't carry it by the handle. While sitting, keep it on your lap, and when carrying packages, keep it between you body and the package.

- Everybody: Be aware of your wallet and money when a stranger begins to talk to you. Carry only the credit cards and amount of cash you intend to use that day. Don't display large amounts of cash in public. Be alert in crowds, especially in or near public transportation and department stores.

- Call the police, dial 553-0123 if you have been victimized.

Preventing burglaries when traveling:

- Watch your luggage when checking in and out of your hotel or motel.
- Make sure no one else hears your name and room number when you're transacting business at the front desk.
- Don't discuss your daily schedule with anyone you don't know well.
- Don't display expensive jewelry or large amounts of cash.
- Know how to double lock your door.
- Keep your key with you at all times; don't leave it at the office desk.

Property lost in a taxi:

- Write down or note the number and color or logo of the cab you left your property in; SFPD has a list of cabs and cab companies, and it's much easier for them to find it for you.
- Call the police; dial 553-0123 if the cab has pulled away from you with your valuables inside.

Staying clear of vice crimes:

- Avoid conversation with people who offer to sell you sexual services.
- Avoid places where prostitutes gather.
- Travel in groups when possible.
- Don't let prostitutes get close enough to touch you; they may be after your wallets as much as your body.
- Don't bring prostitutes or strangers to your hotel room.

- Refuse rides offered by people offering to sell you sexual services.

- Stay away from people who advertise their services in newspaper personals.

- Call the police; dial 9-1-1 for an emergency situation, or 553-0123 if the emergency is over.

Credit card loss:

- Keep a separate list of your credit cards and numbers.
- Notify the police at once if your credit cards have been stolen; call 553-0123.
- Notify the companies who issued the cards, whether lost or stolen, at once.
- Don't be lulled into not reporting the theft or loss if you get a phone call from someone who wants to know where to mail you your cards. If you haven't reported the loss, he has time to use your card.

Call for help

If you need the immediate presence of a police officer, firefighter, or paramedic, dial 9-1-1. It's quick and it's free.

If it's not an emergency, call:

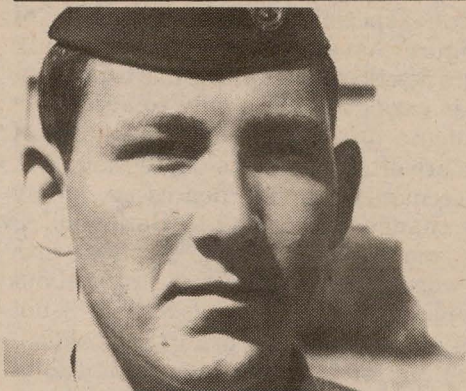
- The Police Department at 553-0123
- The Fire Department at 861-8000.
- Medical Service at 431-2800.

Crime report:

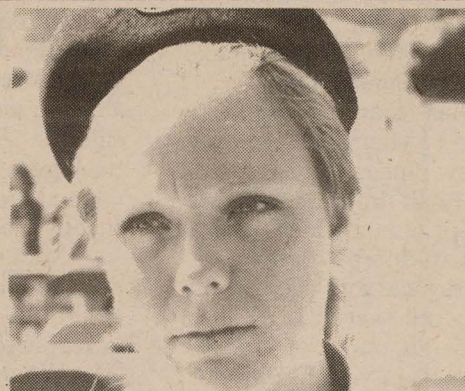
- On September 23, a body was recovered from Satterlee Breakwater at Fort Baker.
- Person(s) unknown stole the license plates from a privately-owned vehicle (POV) parked outside the post swimming pool.
- On September 21, person(s) unknown attempted a house break-in in the Presidio housing area.
- On September 23, there was a traffic accident with injuries at the Fort Baker-Barry Tunnel.

Ramblin' Sam

"Should the promotion system be changed? How or why?"



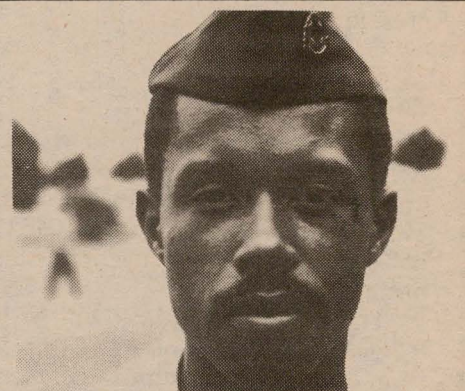
PFC Sam McMeekin, Spanish language student, DLI, "I think more credit should be given to those with time and grade rather than those with college degrees coming in with more rank, just for the education benefits and then getting out."



PFC Colleen Tracy, Spanish language student, DLI, "There could possibly be a more accelerated promotion based upon merits. A lot can't be promoted because they haven't got the time in, whereas the ones with college degrees get promoted."



SSgt. Bill Germain, transportation NCOIC protocol, Sixth Army, "The system should be changed so that promotion is more accessible to non-combat MOS's. If you're doing a good job you should get promoted."



Sgt. Samuel Jackson, preventive medicine technician, LAMC, "The point system should be changed for the education area. You are limited to 200 points for education."

Editorial

Don't make me crazy!

by Liz Greeley

There are some people out there—you know who you are—who just drive me crazy. I'm not talking

'oh dear, not again' crazy. I'm talking bonafide bananas, bonkers and climbing-up-the-wall CRAZY. Folks, I'm talking about negative people.

For example...

I'm sorting through files at the office. A dear friend I'll call 'Elvira' comes by and sits down at my desk. Then it happens.

She launches into a litany of all the ills and atrocious acts that have assailed her since age 12.

In anticipation, I whip out my

Please see page 3

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emery board and start sharpening my nails.

By the time she's to age 25, my teeth are gritted, my jaw muscles twitching...but I stick it out.

At the catastrophic conclusion, the last of continuing disasters, I look up and deliver my best line...the one that is supposed to *wither* negative comments. One eyebrow arched, I give her The Look and say, "So what are you going to do about it?"

Well, okay, The Look doesn't wither her, exactly...

With an astonished expression, she looks at me with big innocent eyes and replies, "What do you mean?"

"You said there's a problem about such-and-such. If it's that terrible, what are you going to *do* about it?"

Still stunned, she says, "I don't understand."

I'm not surprised; I've been through this before—I call it the 'Neverending Story'. My nails are almost sharp enough now.

"What are you going to do to fix this problem?"

Silence. Then...

"You *can't* do anything about it!"

"Oh, you could do thus-and-so, but so-and-so would never allow it!"

Quietly I set down my emery board. I flex my fingers a few times to warm up. 'No court in the land would convict me,' I think to myself.

Slowly, deliberately, I start climbing the walls...literally.

Yes, I admit it's sheer madness and it's rough on the walls—not to mention my cuticles, but what do you expect?

This dear soul, who is in many ways a fine person, finds a perverse pleasure in bawling ails she considers insoluble.

My objection is that this is a staggering waste of time. But don't get me wrong. For example, if she felt that poverty were shocking in this day and age...well, right on! But don't just complain about it—go out and *do* something. Even if it's a small thing, it's better than doing nothing.

Complaining alone not only

totally wastes your time, but that of your listener's. And time is in increasingly short supply in our hurry-up society.

Once in a while, I look at my claw-ravaged walls and think about the one thousand small, *good* things that weren't done because someone couldn't see beyond one large wrong.

Sometimes I think about how the inward-turned anger and frustration has hurt the lives of people like my friend Elvira; people who could have put that anger to work combating an evil or a wrong they obviously felt was important.

I'll be frank; though their hearts are in the right place, I don't have much patience with these negative folks. Some of them are so entrenched in their negativism, only dynamite could ever blast them out of it.

But there are some people out there whose negativism is just transitory—everybody has the occasional 'bad day' or even a 'bad week'.

But, hey, when you start talking to me about the 'bad decade' you've been having, I'm taking out my emery board!

But if you have an occasional tendency to be just a teensy bit negative now and then—now is the time to reform.

It's okay to say 'Boy, this stinks'. But *now* say to yourself, 'What can I do about it?' And don't you dare say 'they'd never let me!' Check with 'them' first. If they really won't let you help, then you have my permission (for what that's worth) to pat yourself on the back for trying to do something about the problem.

It is true that one person cannot change the world. It is true that one person cannot end world hunger.

But it is also true that one person can change one small corner of the world. It is true that one person can see to it that one *other* person doesn't go hungry.

And if we all lived by that principle, we *could* change the world and we could end world hunger.

Dear Editor...

Mandatory seatbelts

Dear Editor:

I am writing to comment on your 31 August editorial, which dealt with the "benefits" of mandatory seatbelt laws.

I personally oppose such laws, on the grounds that the use or nonuse of seatbelts ought, in a free society, to be a matter of individual choice.

Mandatory seatbelt laws erode our basic right of free choice, and actually create instances wherein the state could be held liable for deaths caused by seatbelt use. I am living proof of this, as 12 years ago I was involved in an accident in which I was *not* wearing a seatbelt; the officer at the scene went so far as to state that had I been wearing the belt, I would have been decapitated!

Admittedly, the use of seatbelts may help save some lives, but it can also *take* some. Requiring all to wear their seatbelt subjects motorists to unnecessary added risks. If we are to

assume risks, let us do so voluntarily and individually.

Sincerely,

Ed Rosenback
GS-6, DAC

USAR AMEDD Procurement

Editor's reply

The August 31 editorial supported the use of seatbelts, *not* mandatory seatbelt laws.

The Editor

Complaints? Opinions?

Got a beef? Want to know where *is* the beef? Call the Presidio Actionline at 561-LINE. All names will be withheld and kept strictly confidential.

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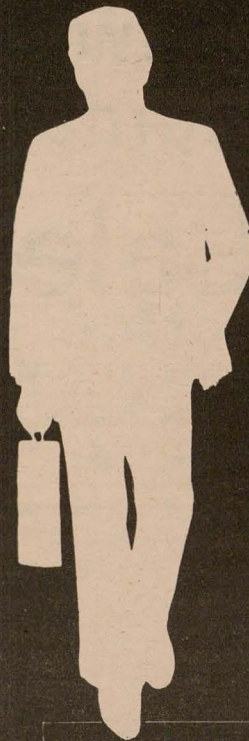
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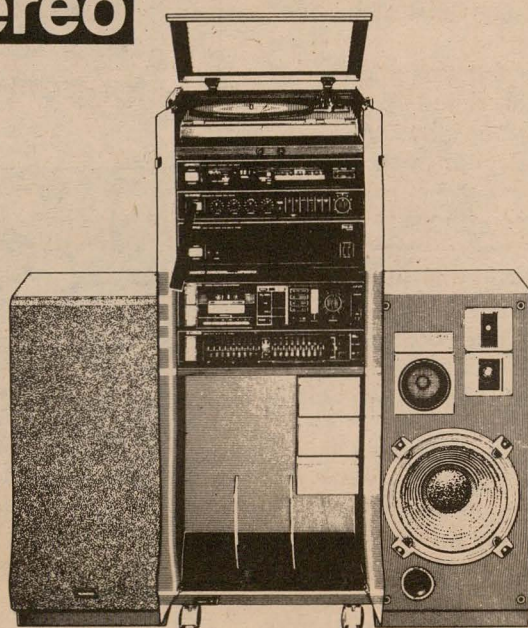
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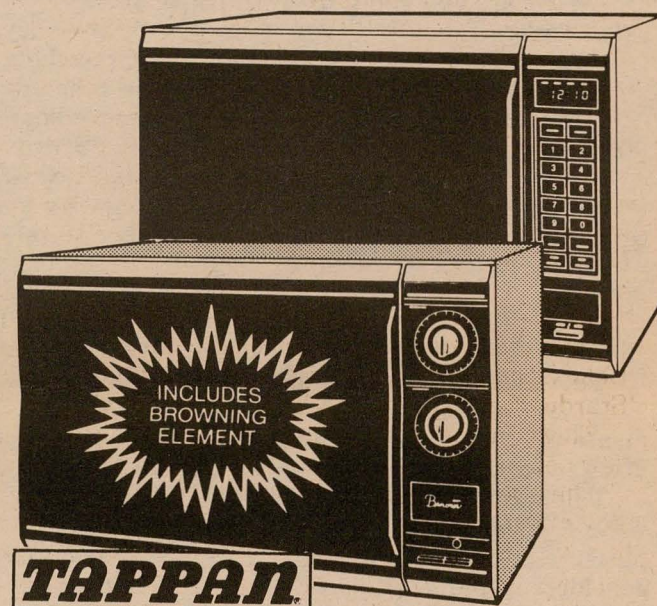
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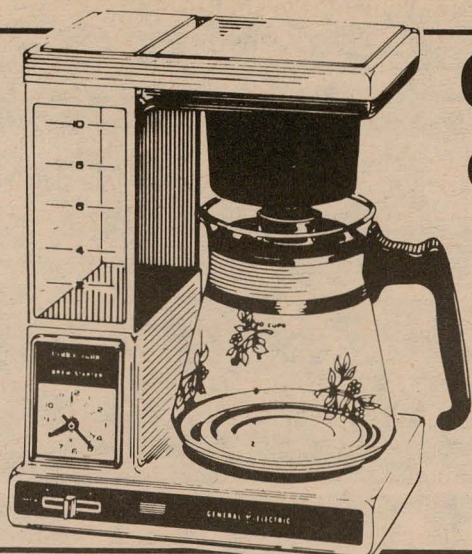
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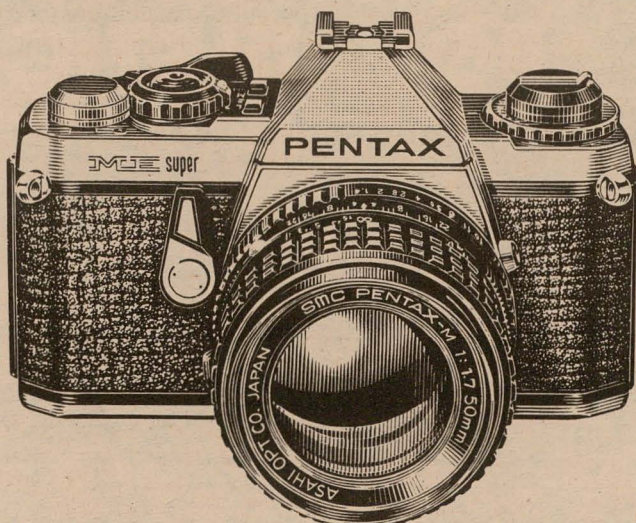


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News Feature

Truth or perception —the cocaine story

Editor's note: September 23-29 is National Drug Abuse Education and Prevention Week. This article involved interviews with representatives from the Staff Judge Advocate (SJA), 6th Region Criminal Investigation Command (CIDC), among others, including an ex-cocaine dealer who, naturally, prefers to remain anonymous.

The purpose of this article is to inform and educate. We chose cocaine because so many people see it as a 'glamorous', almost respectable drug. Therein, we feel, lies the problem.

by Liz Greeley

'Stardust'...the stuff of which dreams are made. 'Coke'...the stuff of which careers can be broken. 'Stardust' and 'coke'—both names for cocaine.

These names represent two quite different views of cocaine.

One view associates cocaine with class, style, movie stars and the upwardly-mobile. Cocaine, in this view, though a hard drug, is a relatively harmless one which doesn't produce physical addiction or many negative side effects. In fact, about the only complaint is that it costs too much—from this viewpoint.

But from another viewpoint, cocaine is a highly psychologically-addictive drug. This second view is held not only by law enforcement officials, but by at least one ex-cocaine dealer.

A man who wishes to be identified only as a 'former racketeer', he once sold marijuana and cocaine on at least one Bay Area military installation. He says cocaine is worse than heroin, in his opinion.

"Even heroin junkies save some of their stash till the next day. Cocaine users can't—they just use it till it's gone and try to scam some more," he said.

Why is coke so compelling?

"Talking in terms of the high, the euphoria is so great, the feeling that you can conquer the world and do anything is so overwhelming, that it becomes, if not actually a need, [so important that] to live without that feeling of being god, to live without that euphoria, is just too depressing for existence.

"Eventually, it gets so that everything revolves around that next time they get stoned," said Maj. Roselle Weinfeld, operations officer for Headquarters, 6th Region U.S. Army Criminal Investigation Command (USACIDC).

So what is the downside, the negative side?

Money

Depending on who you talk to, the going rate for a gram of coke is \$100 to a "buck twenty" or \$120—an expensive drug.

The way some soldiers deal with the cost is by pooling their cash; a soldier making one large buy, and then dividing up the drugs when he returns with the goods.

Again, depending upon who you talk to, a

group can get 10 grams for \$800; or 3.5 to 7 grams for \$350 and \$600, respectively.

Part of the downside is that people who use coke tend to run into financial problems sooner or later—big financial problems.

For example, a multi-millionaire member of a singing group ran into just such a problem, according to Special Agent David M. Clark of Headquarters, 6th Region Criminal Investigation Command.

"In a year he lost everything; he spent the whole thing on cocaine," Clark said.

That's just one example. Richard Pryor once said, "Cocaine is God's way of telling you you're making too much money."

Physical

The physical effects of heavy cocaine use include:

- A case of the "sniffles" after a while. Users frequently say they have allergies or a cold.
- Red eyes
- Dilated pupils
- Euphoric behavior
- Agitated behavior
- Weight loss (One well-publicized and well known TV actress who is 5'7" dropped to 90 pounds because of her heavy cocaine habit).
- Sleeplessness
- Unreliability
- Paranoia
- Irritability
- Depression

According to Weinfeld, these are symptoms of chronic use. When it begins to affect job performance, signs to look for are:

- Disappearance at various times during the day
- Hyperactivity
- Unreliability

Depression is one of the major negative effects of the drug. Coke users suddenly go from feeling god-like to extreme mental depression and irritability as the drug wears off—and it wears off quickly—from 10 to 30 minutes.

The only way to counteract that depression is to take another "hit," get another "rush"...and another...and another...

That's the problem.

It's only your career

What about the legal repercussions? According to Capt. Gary L. Hausken, chief of criminal law at SJA, the maximum penalties for use, possession, or bringing cocaine onto a military installation are:

- Five years confinement at hard labor
 - Dishonorable discharge
 - Forfeiture of all pay and allowances
- The penalty can be one of the above, all of the above, or any combination.

The maximum penalty for cocaine distribution, or possession with intent to distribute, or bringing cocaine onto a military installation with intent to

distribute is 15 years confinement.

"The maximum punishments are new, as of last spring," Hausken said.

In case you're wondering, a soldier who takes up a collection, buys drugs and returns to post to divide them up, is considered distributing, not merely possessing the drug, according to Hausken.

But, as Hausken pointed out, "Not only is there is a possibility of punishment, but the Army also seeks to rehabilitate people.

"That's why we have the Drug and Alcohol program—to try to give them that opportunity to rehabilitate themselves. And that's a non-punitive thing; it's not to be held against the soldier."

A chance

For soldiers caught using cocaine, the Alcohol and Drug Abuse Program (ADAP) is their chance to save their military career.

If they successfully complete the program, they can be allowed to remain in the Army. If they don't successfully complete the program, they are usually administratively discharged.

Soldiers should bear in mind that their company commanders have a say in whether or not a soldier is ultimately retained.

Those are the risks. You could lose money, your health, and your livelihood.

Let's go back to our two views of cocaine for a moment.

In one, the user sees himself as well-dressed, chic, and upwardly-mobile as he snorts his coke with a rolled-up hundred dollar bill.

In another, a lonely, thin soldier nervously looks around as he prepares to *inhale* his last hundred dollars. He doesn't know about the urine test in the morning.

Which vision is reality; which one is fantasy?

Either way you see it, there are places to get help for a cocaine habit, if you want it.

Help

Soldiers can call the Alcohol and Drug Abuse Program office at 561-3784 and 561-2485 and ask for Mr. Cunningham.

- **The Cocaine Hot Line at 800-COCAINE.** This is a nationwide 24-hour toll-free hot line which can give crisis counseling, but usually refers you to local treatment centers.

- **Marin Alternative Community Training (ACT)** in San Rafael, Calif., at 456-6353 for their 24-hour crisis line. For information, call 459-0160.

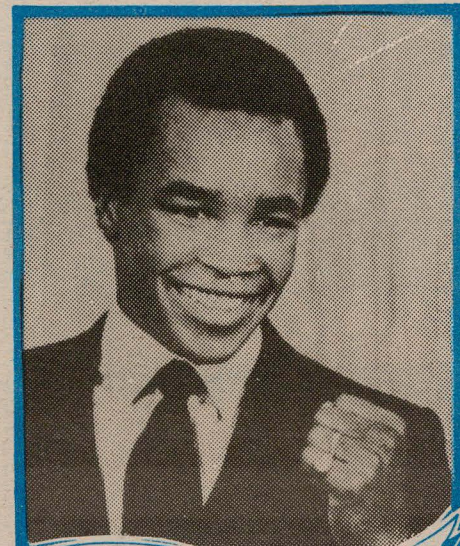
- **Haight-Ashbury Free Detoxification Clinic** at 521-2014. This clinic treats all types of drug abuse, but also treats cocaine specifically.

Civilian workers

Presidio civilian workers with Kaiser health plan coverage can enter **Kaiser's Alcohol and Drug Abuse Program** by calling the Department of Psychiatry at 929-5204 and asking for a screening interview. Your participation in the Kaiser program will be held in the *strictest confidence*.

LOOK WHO'S IN OUR CORNER!!

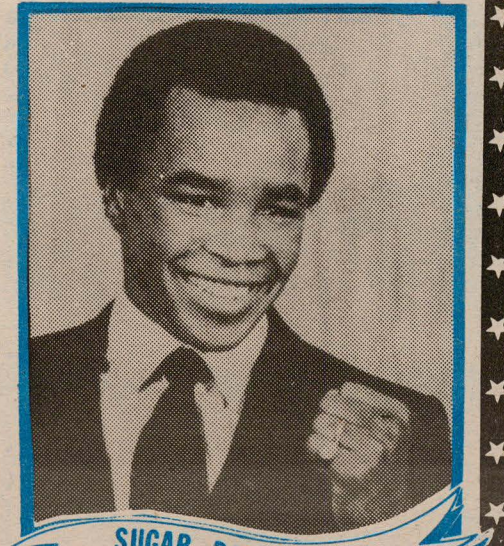
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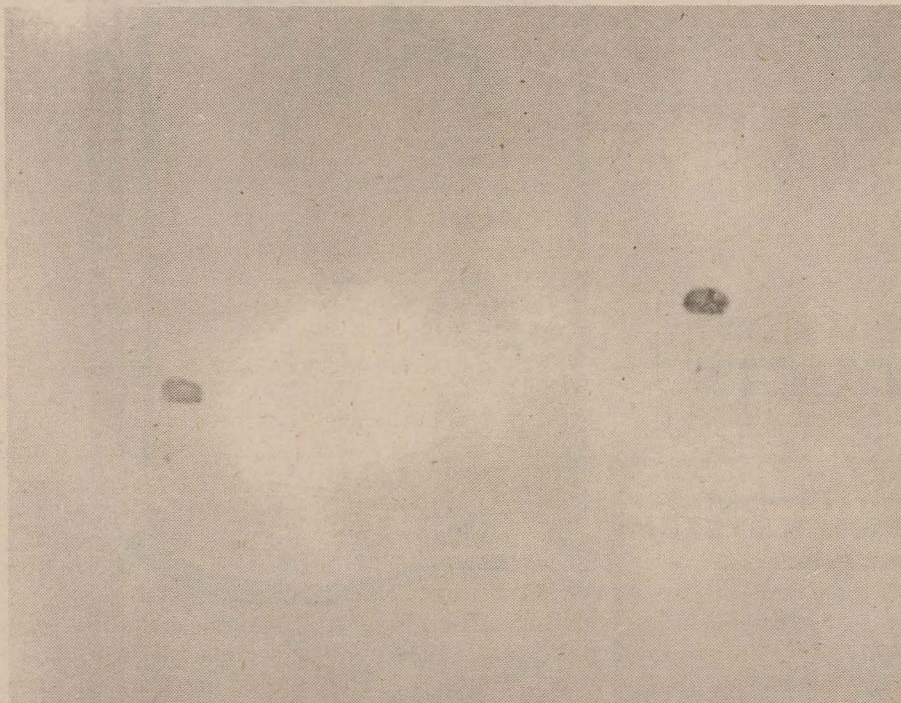
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Two parachutists simulating aircraft crash bail-outs jump from California Army National Guard Chinook helicopter.



Coast Guard boat approaches crash site in search of victims.

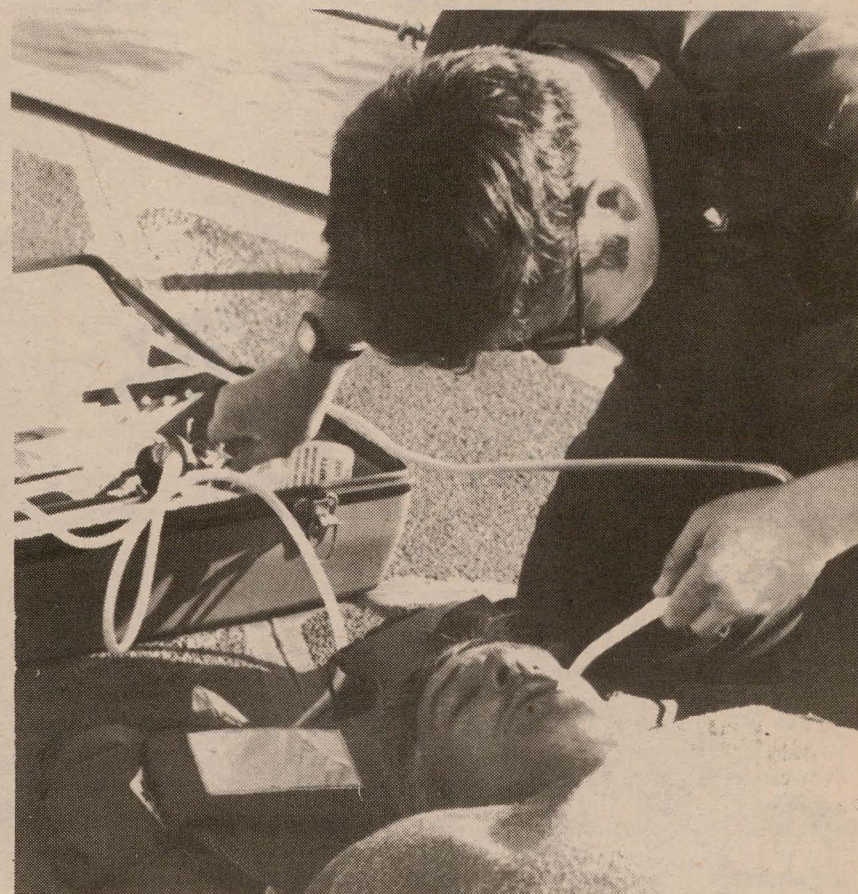


Coast Guard chopper flies in with first aid supplies, ready to airlift burn victims.

photos by Bob Walker.



Sgt. Lorenzo Cardenas is secured in a "Stokes litter" before being airlifted.



A Coast Guard medic gives first aid to a crash victim.

SAREX

Army supplies 'victims'

by Rob Byars and Bob Walker

Two aircraft collided in mid-air September 18 about one mile north of Treasure Island, killing one person and injuring 10 others.

Fortunately, it was only a training exercise. No one was injured, much less killed. The exercise known as the U.S. Coast Guard Sea Air Rescue Exercise (USCG-SAREX) involved the Coast Guard, a California Army National Guard helicopter and crew, the Readiness Group for Presidio and the San Francisco Paramedics.

Two parachutists from the Readiness Group jumped from the helicopter at 1500 feet, splashing down one and a half minutes later into chilly 52 degree waters. Seconds later nine mock victims of the crash were put into the water from a 41-foot Coast Guard boat one mile north of Yerba Buena Island.

About two minutes later, a radio alert was heard, "This is a drill, this is a drill...a mid-air collision has been reported one mile north of Bay Bridge. Nine persons are in the water. This is a drill." Seconds later, "This is a drill...also two parachutists were seen one mile north of Treasure Island."

Immediately USCG Cutter Pt. Heyer, USCG helicopter 1388 and smaller vessels moved to the scene. In less than five minutes the chopper crew rescued the waterlogged parachutists.

The USCG vessels arrived on the scene, sending out rescue swimmers to retrieve the victims. Four were taken aboard the Pt. Heyer—an 82-foot Coast Guard cutter.

A victim with severe back and neck injuries was placed in a "Stokes" litter and hoisted aboard. Other victims were taken to the bow of the cutter where they were checked for injuries and given first aid treatment.

A severe burn victim was hoisted out of the water in a sling and prepared for a helicopter lift to emergency treatment and was airlifted moments later.

With all the victims aboard vessels, the smaller 41-foot boats searched the area for more accident victims. Finding no more people, the vessels headed back to port where their new passengers were taken ashore and examined by

San Francisco Paramedics. Once the paramedics finished their examinations of the victims, the exercise was concluded.

How did the victims take the exercise? What did they think of the operation?

Capt. Chuck Harris of Branch Assistance Team-Medical (BATMED) Readiness Group, PSF, who was the severe burn victim said, "I found the exercises interesting and one that built confidence in the ability of the Coast Guard to react to such emergencies. Being from BATMED, I was especially impressed with the helicopter medic."

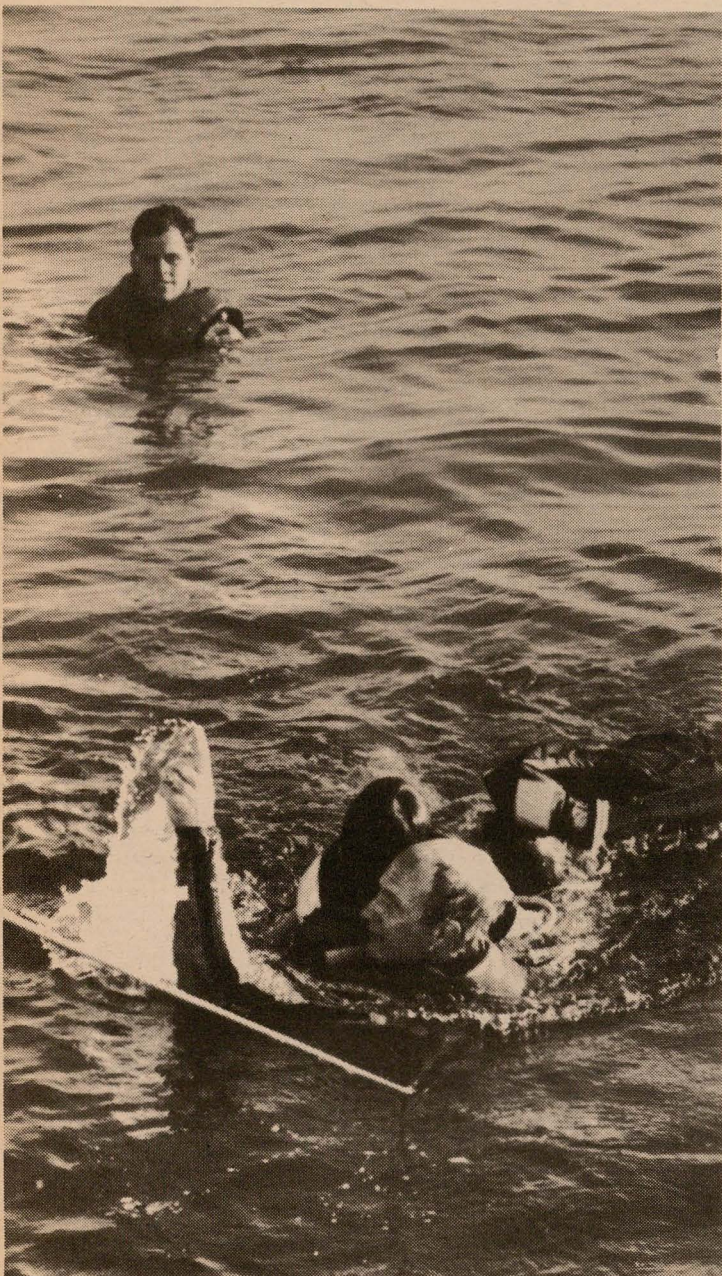
SSgt. Roger Buchanan of the Medical Holding Company, PSF, had chest and stomach pains and a bloody mouth. He said, "My partner was unconscious. They pulled me out first, then him. I thought the Coast Guard and the paramedics did a really good job. They checked for everything, not just apparent injuries."

"It was good training in the water, even though it was very cold. It gives you an idea of how to maintain heat in the water. I received very good treatment from everybody," said Sgt. Lorenzo Cardenas of the Sixth Army Provost Marshal's Office.

Coast Guard Public Affairs Officer, Petty Officer Bruce Robinson said, "After an exercise goes down like that, you sit back and reflect on how working with other organizations really adds to your own professionalism. You see how other organizations respond to the same type of emergency. You learn from other organizations."

According to Robinson, the exercise had two purposes. First, it was to effectively respond to an emergency such as an air-to-air disaster. Second, it was to see how other organizations can work in conjunction with one another. He said that "Professionalism wins out in spite of different techniques." The mission comes first, there's no time to discuss techniques—the job simply gets done as effectively and as quickly as possible.

Thank goodness this was only an exercise. Though the exercise proved that such a disaster can be effectively handled and that victims would receive quality care and treatment quickly.



Capt. Chuck Harris watches U.S. Coast Guardsman rescue fellow crash victim.



Burn victim is lifted into Coast Guard helicopter.



PFC Michael Foshee from Ft. Bliss, Texas is checked by San Francisco paramedic Joe Adamski.

Community Calendar

Toastmasters

Presidio Toastmasters will have its club elections on October 4, at noon. All members should plan to attend this important meeting and cast your ballot.

The meeting will be held at the NCO Club, bldg. 135 from noon to 1 p.m. For more information, call Toastmaster Velez at 561-5816. Toastmasters now meets the first and third Thursdays of each month.

BART raft race

The Black Bart Raft Race down the Sacramento River is being held in the Fall this year so the water is slower and warmer. The Presidio will field two teams this year to try to defend our First Place title against almost 5000 other Northern California teenagers.

If you are interested in going to Sacramento with us this year on October 6, come by the Religious Activities Center, bldg. 682, on Tuesdays, Wednesdays and/or Thursday afternoons from 3 to 5 p.m. to help assemble this masterpiece of rubber and rope. For further information call Stephen Miller at 561-3535/4440.

Church school

Protestant and Catholic Church School has begun. We are holding classes Sundays from 9:30 to 10:30



Andre Resltucia, Nicole Dame and Clarissa Durham (left to right) practice the fifth position in Helen Pienik's ballet class.

photo by Bob Walker

a.m. for the Protestants and 11:10 to 12:10 a.m. for the Catholics. Protestant classes are for children three years through adults, and Catholic classes for children five years old through junior high school age. Bus

service is provided to all housing areas on post. For further information, registration and/or bus schedule, call or come to the Religious Activities Center, bldg. 682, 561-3535/4440.

Youth activities

The following YA classes will be offered beginning in October:

Gymnastics:

Ages 10 through 13 will meet on Mondays from 5:30 to 6:30 p.m. Ages 6 through 9 will meet on Wednesdays from 4:30 to 5:30 p.m. All lessons will be at the main post gym. The monthly fee will be \$25.

Tennis:

A Junior Excellence Program for experienced tennis players ages 12 through 14 will meet every Saturday from 3 to 5 p.m. at the Fort Mason courts. Group lessons will be available on Saturdays at the Fort Mason courts as follows:

Beginners, ages 8 through 11 will meet from 3:30 to 10 a.m.; Beginners, ages 12 through 16 will meet from 10

Ballet:

For ages 6 and up. Will meet on Mondays, Tuesdays or Thursdays after school in bldg. 1390, behind the Ft. Scott Chapel. Class fees will range from \$24 to \$36 per month. For information and reservations, contact Mrs. Helen Pienik at 994-0681, between noon and 2 p.m.

Swim Lessons:

For ages 5 through 10. Classes will meet on Mondays from 3 to 3:45 p.m. at post pool. Cost will be \$24 for 6 weeks. For information call Youth Activities at 561-5143.

... the write stuff ...

by Richard Wetzel

If I had my way around here, there'd be some changes...and quick. I'm speaking of names, of course, as in pertaining to the owner's job. For example, wouldn't it be neat if Lt. Col. Neck, our battalion commander, worked at the Whiplash Clinic...(neckbone connected to the shoulder bone, shoulder bone connected to the...)I could call it Operation Name Shuffle, and it might make remembering who works where a little easier...Capt. Bush could be in charge of grounds and maintenance...Mr. Przybyla would oversee the correct spelling of name tags...Mrs. Crank in charge of disciplinary actions...Mr. Chew and Mr. Moller to the dental lab...Mr. Baker to the Mess Hall...Move Mr. Pope to the Chaplain's Office...Capt. Counts to the Audit Office...Sp4 Sharp in charge of pencils...Mr. Binder to the print plant...Maj. Fountain to the Water Dept...Mr. Jump to the Parachute Shop...Capt. Young to the Child Development Center...Mrs. Swank to the Clothing and Sales Store...SSgt. Freeman in charge of AWOL Apprehension...Mr. Ferrari to the motor pool and 1Lt. Noone in charge of ringing the lunch hour bell...the list can go on and on and on...

As for Sp4 Cleveland (is the spelling correct Mr. Przybyla? It's tough to read nametags without my spectacles) of LAMC's Emergency Room, she's staying exactly where she is. She has the most gentle hands this patient has ever felt...

Alas, I'm only an E-4 (and not even that if some of the above-mentioned folks don't have a

sense of humor) and I lack the authority to make such changes...Ohwell, it was a neat idea...

Speaking of neat ideas...The American Cancer Society feels that the number of "ex-smokers" is too small, so they would like to "enlist" a few more volunteers in their Fresh Start classes beginning October 2. The class teaches smokers how to quit smoking, helps them deal with the stress, weight gain or loss and also with "the positive changes in self-image that result from giving up cigarettes." There are six sessions with a request for a donation of \$27.50. Look at it this way, that's about the equivalent charge for three cartons of ciggies or the first three weeks of fresher lungs...(did I just say all of that...puff...puff...puffff... cough cough...gaggggggggg). Call 673-7979 for info.

Visitors of the Exploratorium, 3601 Lyon Street (just outside of the Lombard and Marina Gates) can expect to see periodic performances of the diaphanous Dionysian Duncan Dancers through the colonnades on Saturday, Oct. 20...

The Avenue Photoplay Film Society (formerly the Avenue Theater) is still bringing those film classics to the screen...*Dial M for Murder* (1954) starring Grace Kelly, Ray Milland and Bob Cummings in Alfred Hitchcock's thriller, will be presented in its original dual Polaroid three dimension form, Oct. 19-21...*The Phantom of the Opera* (1925-29, silent) a classic horror with Lon Chaney and Mary Philbin with *The Bride of Frankenstein* (1935), starring Boris Karloff and Elsa Lanchester will be shown Friday, Oct. 6...

New York's internationally acclaimed Negro

Ensemble Company's production of *A Soldier's Play* is running now through Oct. 7 at the Stanford Theater, Palo Alto. A special salute to the Bay Area Military, presented by the Palo Alto Veterans Medical Center is scheduled for Oct. 6 at 8 p.m.

MUSICAL SNUFF...Bruce Springsteen and the E Street Band will rock the Oakland Coliseum Oct. 21, 22...*The Fixx* open the San Francisco Civic Auditorium Oct. 20...*Missing Persons*, *The Tubes* and *Eddie and the Tide* will perform Oct. 6 at the Frost Amphitheater, Stanford University...The Kabuki Club, Japan Center, presents *The Uptones*, *The Untouchables* and *The Three Mouse Guitars* Oct. 6 and *Romeo and Juliet* Oct. 12...

The 1984 Columbus Day celebration kicks off this weekend at Pier 45 with the 2nd Annual Festa Italiana, now through Sunday, featuring continuous entertainment, 40 booths showcasing Italian cuisine and cultural exhibits...the 2nd Annual Festival de Espana features basically the same thing, only in Spanish, but this one includes flamenco dancing...

AND FINALLY...If you're an avid reader of the *Star Presidian* (smirk, smirk) you may or may not have noticed that the two "demented" articles (Jimmy the Freak and yours truly) both come out of the Community Relations Branch of the Public Affairs Office. Whether that's due to relating to a kooky community or too many kooky relationships has yet to be decided.

At the movies

Presidio Theater

Sept. 28	Best Defense (R)	7 p.m.
Sept. 29	Sixteen Candles (PG)	7 p.m.
Sept. 30	Star Trek: Search for Spock	2 & 7 p.m.
Oct. 1	Star Trek: Search for Spock (PG)	7 p.m.
Oct. 2	Grandview U.S.A. (R)	7 p.m.

Schwartz Theater

Oct. 3	Ice Pirates (PG)	7 p.m.
Oct. 4	Cloak and Dagger (PG)	7 p.m.
Oct. 1	Best Defense (R)	7 p.m.
Oct. 3	Star Trek: Search for Spock (PG)	7 p.m.
Oct. 4	Grandview U.S.A. (R)	7 p.m.

Sports

Sports notes

Post Gym 1, bldg. 63, will be closed all day on Sunday Sept. 30, for the U.S. Military Academy Physical Fitness Examination.

All tennis reservations should be made by Saturday Sept. 29. This can be done by calling 561-4131.

Post Gym 2, bldg. 1152 will be open on Sunday Sept. 30, only from 9 a.m. - 4:30 p.m.

Post flag football

The Post Flag Football Team continued to play well as they extended their record to 4-1 with a win over

Oakland Army Base 34-26. Their offensive strength prevailed with excellent play calling by star quarterback Rudy Russell (USAG).

He has a number of fine receivers who can catch and run with the ball. This made it hard on the oppositions defensive back, as Russell can throw short or long passes.

Touchdown passes thrown by Russell were caught by Anthony Brown (DLI Co G) Russell Toms (USF ROTC) Cedrick Archie (864th Engr) and James Murphy (USAG).

The team's next home game is on Friday Oct. 5, 5 p.m., at the P.X. Field (next to the Post Library) vs. Navy Hospital Oakland.

Intramural flag football league

USAG seems to be the team to beat after the first week of league play. Quarterback Rudy Russell has done a superb job passing and running for good yardage and touchdowns.

Defensive back Roy Leggett has also played a big part with interceptions and good defensive coverage.

Last week results:

Sept. 17 USAISC - 2 LAMC - 0
USAG - 20 DLI, Co H - 12
Sept. 18 USAG - 32 Corp of Engr - 2
OARB - 14 6th Army - 8
Sept. 20 DLI, Co H - 22 6th Army - 14

Standings	Win	Lost
USAG	2	0
OARB	1	0
USAISC	1	0
H Co, DLI	1	1
Corp of Engr	0	1
LAMC	0	1
6 Army	0	2
LEC	0	0
864th Engr	0	0

Schedule of games for week of Oct. 1-4

Mon., Oct. 1	6 p.m.	LAMC vs. LEC
Mon., Oct. 1	7 p.m.	DLI, Co H vs. 864th
Mon., Oct. 1	8 p.m.	USAISC vs. OARB
Tues., Oct. 2	6 p.m.	6th Army vs. Corps of Engr.
Tues., Oct. 2	7 p.m.	LAMC vs. USAG
Wed., Oct. 3	6 p.m.	DLI, Co H vs. Corps of Engr.
Wed., Oct. 3	7 p.m.	USAISC vs. USAG
Thurs., Oct. 4	6 p.m.	LEC vs. OARB
Thurs., Oct. 4	7 p.m.	6th Army vs. LAMC

Jimmy the Freak

All right, all right...so I didn't have such a good week predicting last week's scores. No one's perfect. If I *was*, would I still be a federal employee? I'm willing to take my lumps like a man...just promise not to hit me *too* hard, okay? Besides, the NFL is getting too unpredictable. These guys make the stock market look stable. I spent a lot of time studying this week's games, and I stand behind the following predictions without question or hesitation...but, then again...

San Francisco 27 — Atlanta 23

These two teams have a genuine, deep dislike for each other. The game could be even closer than the score I've predicted. If Joe Montana plays, the 49ers should be 5-0.

Seattle 29 — Minnesota 20

After what the Seahawks did to the best team in the NCF Central Division, how can anyone believe that the Vikings have any chance at all? Walter Payton should break Jimmy Brown's

rushing record by mid-October, and Franco Harris will break the record by mid-October...1995.

Washington 30 — Philadelphia 14

I wonder if Ron Jaworski has a communicable disease? It seemed as if everything he touched (like forward passes), the rest of his team avoided. The Eagles dropped more passes than a one-armed ticket taker. Look for Redskins and red faces after this game.

Pittsburgh 24 — Cincinnati 20

I make this prediction with all the confidence of a knife-thrower with hiccups. The Steelers' defense played like the Torn Curtain, rather than the steel version. Cincinnati has a lot of talent, and they will come together one week real soon.

New England 31 — New York Jets 24

The Patriots are up-and-down more often than a pen full of kangaroos. They were down last week, so this is their week to play well. For the Jets,

well...they're home this week which means it's time to "party...party."

UPSET NO. 1

St. Louis 30 — Miami 23

The odds say that the Cardinals are due for a good effort, while Dan Marino and the Dolphins are due for a weak one. Look for Neil Lomax to have a *big* day.

UPSET NO. 2

Denver 23 — Los Angeles Raiders 20

Even the Freak is allowed one dream per week. Denver is coming off of a shutout, and I'm hoping that some of the Raiders will be unable to make bail for this game.

UPSET NO. 3

Houston 28 — New Orleans 21

I figure that if I keep predicting, that the Oilers will finally win a game, *one* week they will—and I will look like a genius. Okay, okay...so I wouldn't look like a genius even with a body transplant.

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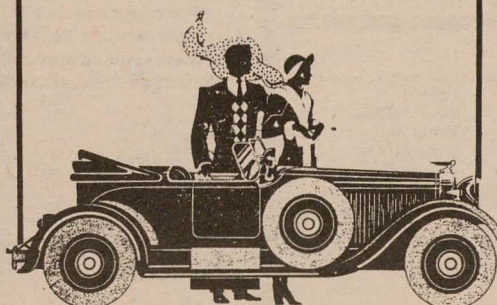
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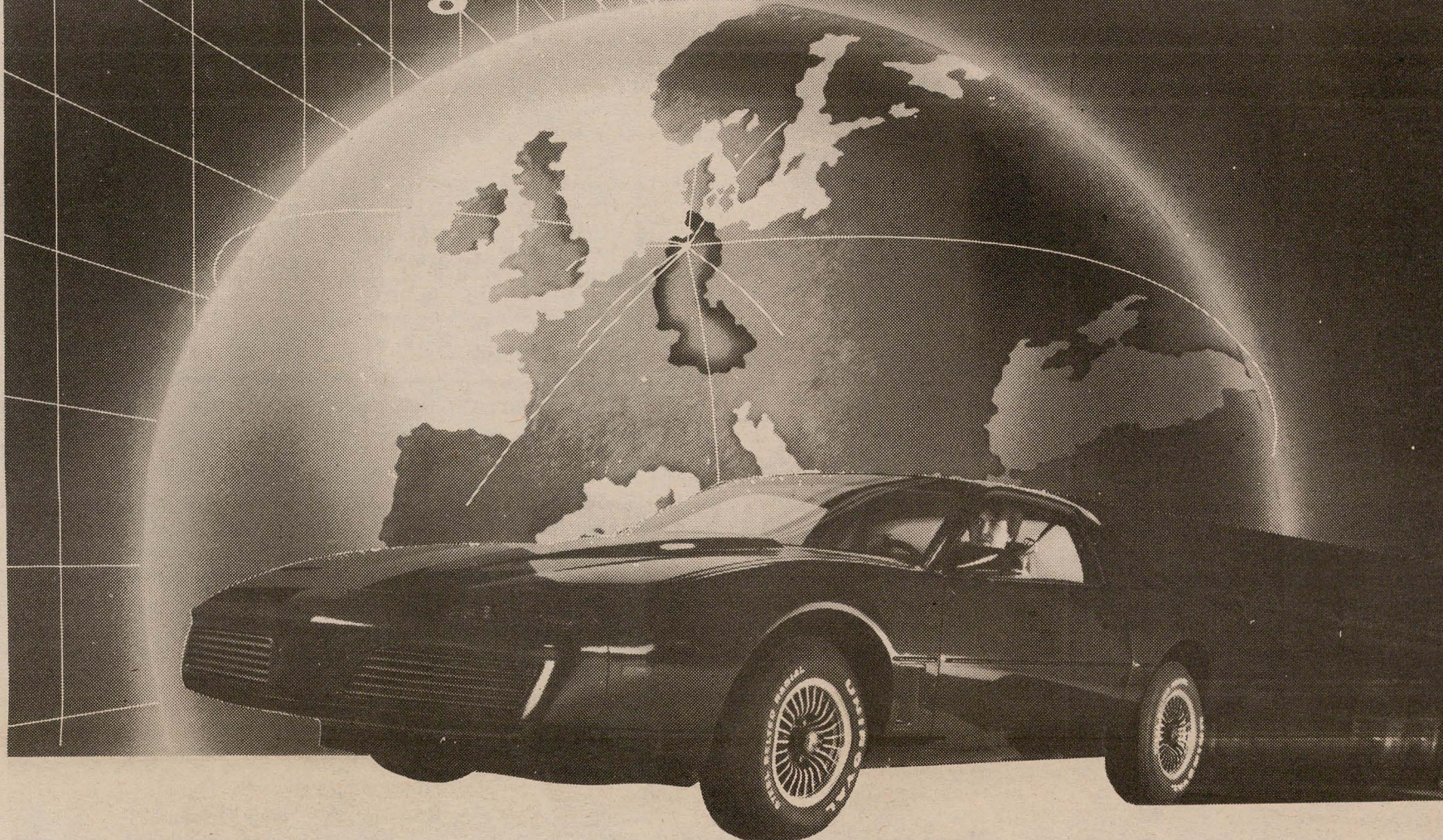
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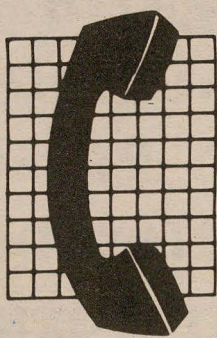
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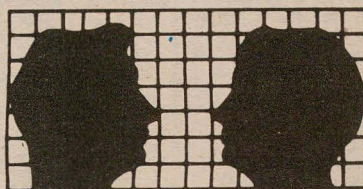
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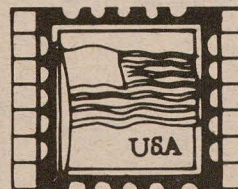
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474A

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A star to steer by: How did Columbus do it? / **page 8**



FIRE!: learn how not to burn / **page 9**

Star Presidian

Vol. 27, No. 39

"Published in the interest of the people of the Presidio of San Francisco."

October September 5, 1984

News briefs

Shelter for homeless

Five Army people, including two Presidians, received recognition recently from the Secretary of the Army for their roles in the first on-going Army-supported county-run facility for homeless Americans.

Army Secretary John O. Marsh Jr. presented Certificates of Appreciation for their involvement in the renovation of the Camp Parks military facilities in Alameda County, Calif.

Two of the recipients were:

- Lt. Col. Michael E. Mark, deputy commander for Camp Parks, a Presidio sub-post;
- Henry Smart, director of Reserve Components Support at the Presidio of San Francisco;

The White House established the Shelter Program last January in response to the nation's growing number of homeless citizens. Under the program, the Defense Secretary offered defense installations as shelters. In July, Alameda County began leasing the Camp Parks facilities. Renovation and repair costs for the shelter were paid by the Army.

(ARNEWS)

E-4 promotions 'not automatic'

As of Oct. 1, Presidio unit commanders will follow new administrative procedures when promoting their soldiers to E-4.

In a recent message to the field, Army personnel officials explained that the policy modifications only simplify the administrative procedures to effect advancement.

Officials emphasize that the new policy "in no way constitutes automatic advancement to grade E-4. Commanders must continue to make conscious decisions on which soliders are fully qualified for advancement to E-4."

The new promotion authorization, developed to ease the workload on military personnel offices and units, has the following key elements:

- All E-3's with three months in grade are eligible for advancement to E-4 at 24 months' time-in-service without any percentage restrictions (at this time). Soldiers must continue to be recommended by the commander and otherwise meet eligibility criteria.
- The Defense Department restriction that no more than 20 percent of the assigned E-4's may have fewer than 24 months' time-in-service remains in effect.



photo by Liz Greeley

"I feel that the Presidio is in many ways a pretty forward-looking post that is not afraid to take some chances," said John Gunnarson, director of Child Development Services.

Presidian wins top civilian award

by Liz Greeley

A Presidio civilian has won the 1984 San Francisco Bay Area Federal Employee of the Year Award.

From nearly 300 nominees, John Gunnarson, director of Child Development Services, was selected as the Bay Area's top civilian employee in a ceremony Sept. 27.

"I was very surprised, particularly in looking at the high caliber of the other nominees. I did not expect to receive the award; I was very pleasantly surprised," said the 35-year-old native San Franciscan.

The competition for Federal Employee of the Year is divided into 11 categories such as administrative, professional, scientific, etc., and the selection is made by a blue ribbon panel. And yes, the competition is tough.

For example, one of three finalists in the scientific category, Millie Hughes-Fulford, is a research biochemist with the Veterans Administration Medical Center. Hughes-Fulford researches life functions in space and developed original analyses for Spacelab Mission 4. She was just one of 33 finalists.

Though the competition was stiff, Gunnarson won the award for excellent reasons. Since his arrival at the Presidio roughly three years ago, he has pioneered Child Development Service Programs such as:

- Sexual abuse prevention training.
- Staff training
- Intergenerational child care

About the sexual abuse prevention training, he said, "There's not another military installation

that's doing it that I know of—even though we know there's sexual abuse going on everywhere, there's no one else doing it."

The soft-spoken director said he felt it was important to start this program because, "the statistics indicate one out of three girls and one out of six boys are sexually molested by the age of 18."

Training may not seem like a 'pioneering' idea, but the Department of the Army has mandated that all Child Development staff will train—using a model that Gunnarson and a Fort Lewis, Wash., colleague devised.

The Department of the Army also specifically asked Gunnarson to lead Child Development training sessions. In fact, he is scheduled to go to Germany in February for one such training session.

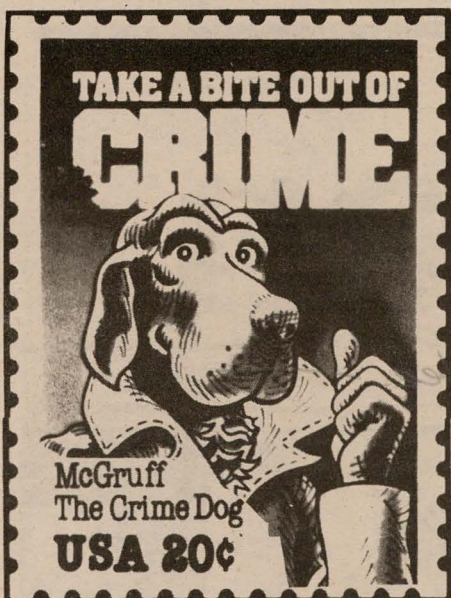
And though there are a couple of civilian programs doing intergenerational child care, few are nation-wide. Presidio's program is the only one of which Gunnarson is aware in the Army, Air Force or Navy.

So Presidio's Child Development Service program, to use a favorite Gunnarson expression, is on the 'cutting edge' of progress and innovation in the field.

To what does he credit his success?

"I think a real key," he said, "to the success of our program is the support that we get from the command, from the commander on down to the DPCA (Director of Personnel and Community Activities), from the people who work here, direct care-giving staff, and I just find it so important to recognize that."

Opinions



Crime declines

October has been declared National Crime Prevention Month. In recognizing October as National Crime Prevention Month, Presidio joins other local law enforcement agencies and public and private organizations in observing and encouraging crime prevention efforts. The fight against crime requires a united and coordinated campaign involving every citizen as well as all levels of government.

In support of this campaign, the United States Postal Service issued a commemorative stamp on September 26 featuring McGruff, the Crime Prevention Mascot.

In support of this spirit of

cooperation, Capt. Gilmore, USAG commander, invites all Presidio soldiers, family members, and civilian employees to attend his unit's quarterly Crime Prevention class at the Post Theater, 7:45 a.m. October 10. The topic will be safety and crime prevention in the San Francisco area; one that greatly affects all of us. A guest speaker will be featured.

The Presidio Crime Prevention Section will be conducting numerous activities in support of National Crime Prevention Month. Watch next week's article for a schedule of events. If you, or your organization, need any crime prevention materials,

or require the use of a crime prevention speaker, please call the Crime Prevention Office at 561-5011.

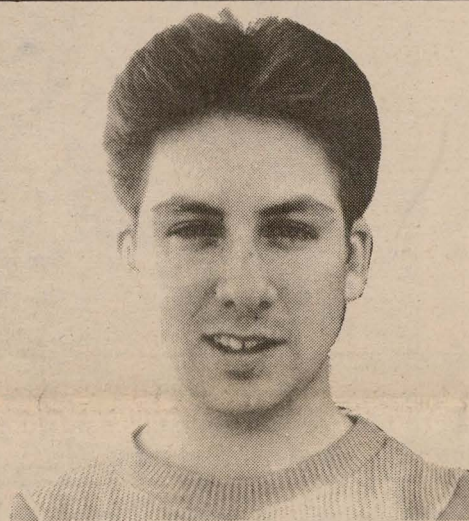
The efforts of Presidio residents in the area of Crime Prevention are to be commended in this, the Year of the Army Family, as crime has decreased significantly on the Presidio during the first nine months of 1984. It takes the efforts of all of us to restore public safety on the Presidio through increased involvement in crime prevention efforts. Many of us treasure different things in life—our car, our bicycle, our children...crime prevention helps prevent the loss of our treasures.

Ramblin' Samantha

"Is common task testing useful? Why?"



Sp4 Robert A. Gross, photographer, Photo Lab, "A lot of people never get involved with a lot of the training; even the year I was in Vietnam, I never used any of it. But I guess it would be better to be safe than sorry, so it can't be all bad."



Sp4 Richard Jones, parachute rigger, Parachute Maintenance Shop, "I learned more doing the testing than I did during the training. The whole thing [testing] was a little bit better."



Sgt. Stephen Fountain, training NCO, USAISC, "Yes, it is, because soldiers need to be able to perform the tasks on the battlefield. And the NCOs need to be proficient in it in order to train their soldiers properly."



PFC Jennifer L. Starnes, personnel actions clerk, COMPACT, "It doesn't hurt, because it does help you stay familiarized with the equipment. Today we [women] can't be sent out on the front line, but who knows about next year?"

Editorial

Accidental surprise

Does the average FORSCOM (Forces Command) soldier know how many fellow soldiers die each year as the result of accidents? Probably not, but the answer lies somewhere between 200 and 250. Most of these deaths could have been avoided.

Considering FORSCOM's tactical mission, which requires a huge array of sophisticated vehicles and weapon systems and tough, realistic training, it is only natural to assume that most fatal accidents happen because of the nature of Army work. The sad part is this isn't true. The truth is that most soldiers are killed during their off-duty time.

How does this happen? It seems that the most popular avenue the soldier takes to the hereafter is via his car, or privately-owned vehicle (POV).

Let's look at two examples of vehicle accidents that should have never happened.

- The 22-year-old soldier was riding his motorcycle on a city street when an oncoming car suddenly made a left turn into his path. The bike crashed into the right rear of a car and the soldier slammed to the pavement. He was not wearing a helmet and died of head injuries.

- The soldier was driving 75 - 85 miles per hour on post. It was after midnight and he was under the influence of alcohol. At one point, he crossed into the oncoming lane and had to swerve back to avoid another vehicle. He lost control of his car which rolled several times and came to rest on its wheels. The soldier was thrown from the vehicle and fatally injured. He was not wearing a seat belt, but his two passengers were. The two passengers were treated for minor abrasions at the local hospital and released.

There are two measures that can be taken to offset the severity of a

vehicle accident. These are:

The car—fasten the seat belt. Make this a habit. Fasten the belt even for short trips as they too can end in disaster. It is mandatory to wear seat belts on Army installations.

The motorcycle—wear an approved helmet and make sure it is fastened. Without a helmet, even minor accidents can kill. Wearing a helmet is also mandatory on Army installations.

Editor's note: Materials for this article provided by FORSCOM Safety Office, Fort Gillem, Ga.

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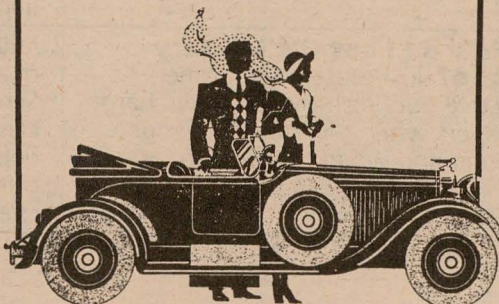
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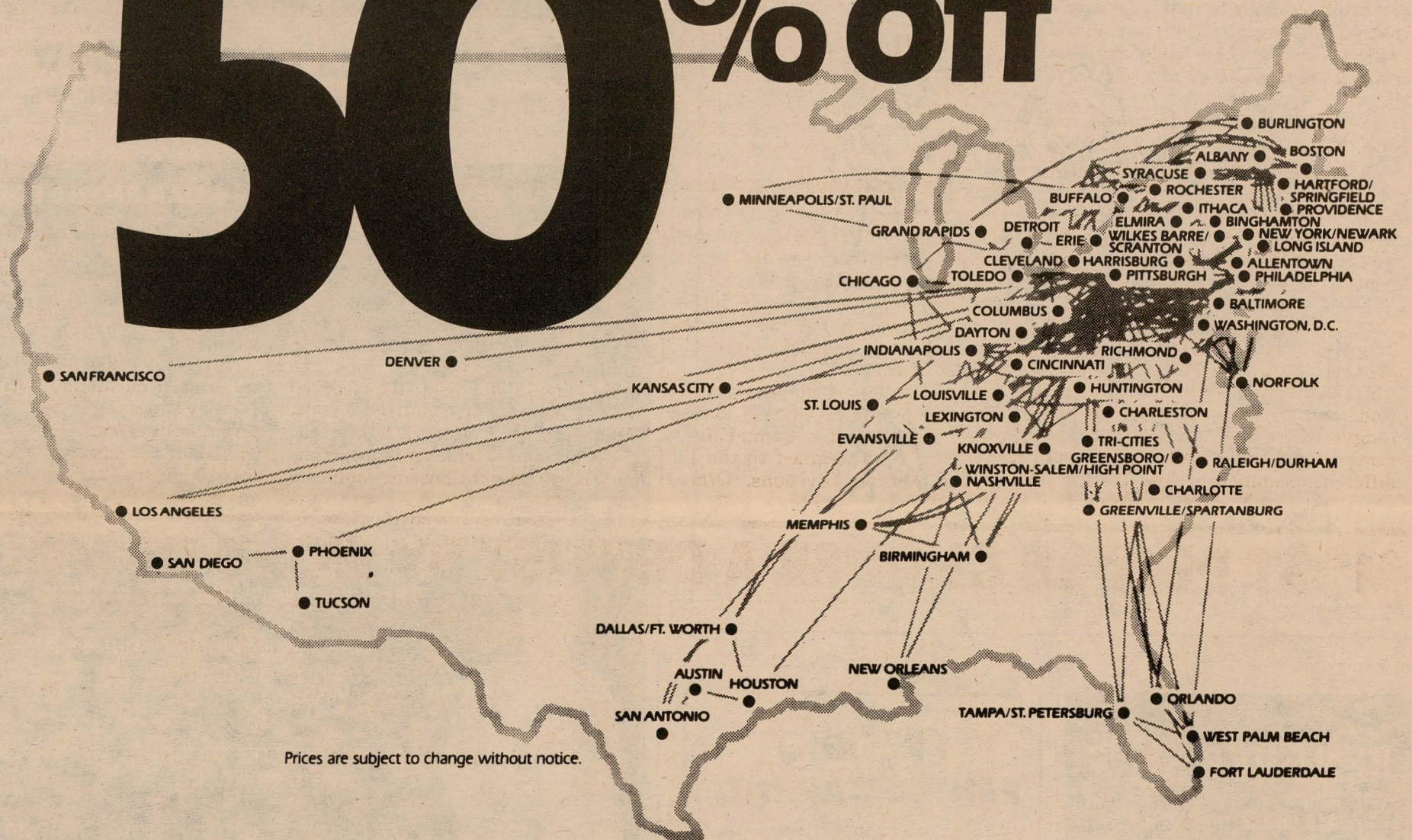
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Does my family have to travel together? No.	Military dependents may travel separately as long as children ages 2-9 are accompanied by a military dependent at least 10 years of age.
How do I get the Military Fare? Just present your green active duty military I.D. or discharge papers when you purchase your ticket and when checking in.	Military dependents at least 10 years of age must present a tan Uniform Services Dependent Identification card marked "active". Military dependents ages 2-9 must present proof of family relationship when checking in.

Feature

How Navajos helped the Marines in WWII

Throughout the fighting in the Solomon Islands, Guam, Peleliu and Iwo Jima, during World War II, the Japanese were totally confounded by a strange language being picked up on their tactical radios.

It was Navajo, a language that has been described as American double-talk mixed with the sound of a hot water bottle being emptied. It was the language of the Marine Corps' famous code talkers.

Most codes are based on the user's native language. If the language is widely known, the code can be broken—regardless of how clever it is.

However, Navajo is considered one of the world's "hidden languages." That is its original alphabet and symbols have been lost to history. When World War II broke out, there were only about 55,000 Navajos in the United States—mainly in Arizona, New Mexico, and Utah.

They tended to stay to themselves, which kept their language from spreading. Estimates are that only 28 non-Navajos, mainly white American scientists and missionaries, could speak this unique tongue where four inflections of the same word would give the word four different meanings.

Secrets of the 'unbreakable' code

by Ken Largo and Liz Greeley

According to one rumor, when the Japanese surrendered in 1945, one of the first things they asked about was America's 'unbreakable' code.

"We weren't called 'code talkers' then [during the war], just 'communicators,'" said Dean Wilson of Shiprock, NM. Wilson was one of the first Navajo code talkers—inventors of the code the Japanese found so difficult.

Forty-two years later, Wilson still remembers the code. Actually, it was a code within a code.

The Navajos were the only Indian tribe in the United States that had not been intensively studied by art students and anthropologists from Germany—Japan's ally—as other native Americans had been during the previous two decades prior to the outbreak of the war.

When the first 30 Navajo recruits finished training at Fleet Marine Force Training Center, Camp Elliott, Calif. they were assigned to the 1st and 2nd Marine Divisions. Others

For example, the word 'the' was spelled out. 'T' was the Navajo word for turkey—*tun-ji*. 'H' was horse—*thli*. 'E' was elk—*tsE*. So the word 'the' was *tun-ji thli tsE* in code. 'Roger' or 'ten-four' was 'sent you a bunch of rabbits' in Navajo, or *GUH na NI ye*. A submarine was an 'iron fish'; a bomber (because of the type of aircraft) was 'eggs iron bird', or *bi-ish NAA-ta-i*.

No wonder the Japanese couldn't crack the code!

voice; a battleship a whale; and rabbit trail was the equivalent of a route. Words were devised for officers, communications, organizations, and so on.

No wonder the Japanese couldn't break the "code," which proved indispensable for rapidly transmitting classified dispatches during the invasions of Guam and Peleliu. Because Navajos were on the sending and receiving ends, there was no time lost in enciphering and deciphering messages—a situation that is absolutely critical when moving troops about swiftly and with precision.

Maj. Howard M. Conner, a Marine Corps signal officer, credited the code talkers with the success in the battle for Iwo Jima. The whole invasion was directed in Navajo code. Orders went from the corps' command post on a battleship to division command posts on the beach. During the first 48 hours, while troops were landing and securing positions, the Navajos sent and received more than 800 messages.

Several weeks later, when the flag was raised on Mount Suribachi, the victory message was sent—appropriately enough—in Navajo code. The "hidden language" was no longer lost to history.

(AFPS)

MOST PEOPLE CHOOSE A DENTIST BY WORD OF MOUTH



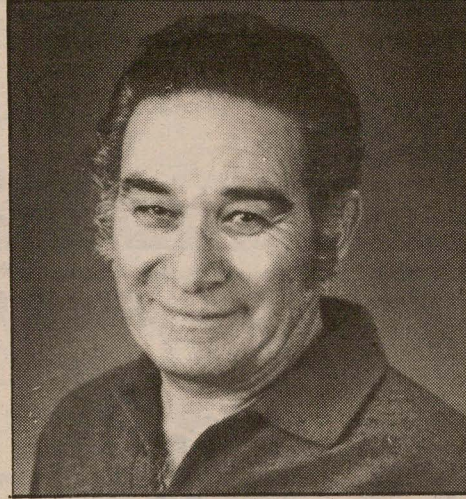
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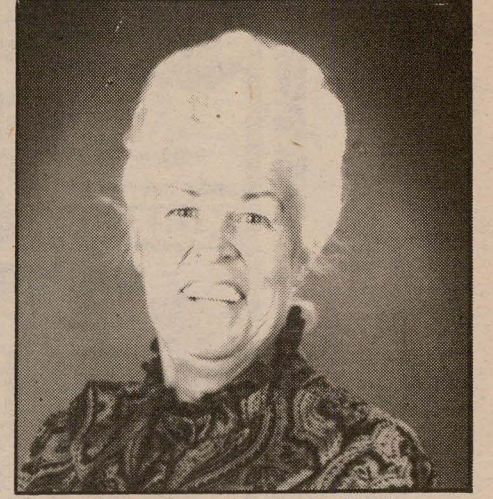
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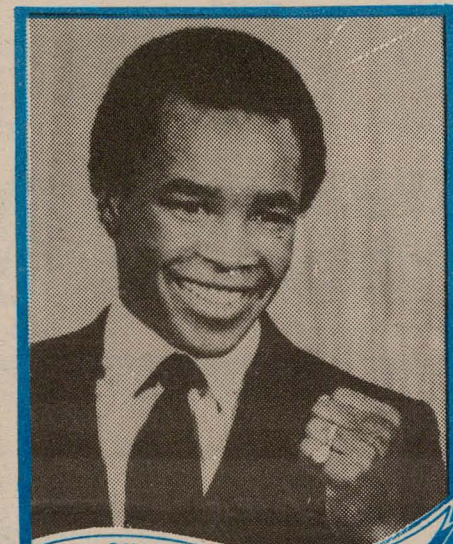
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— Star President —

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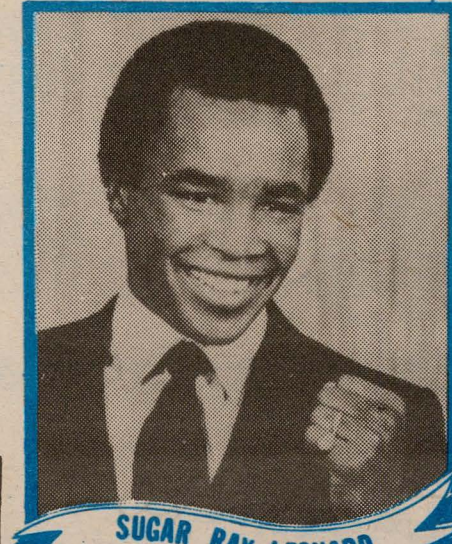
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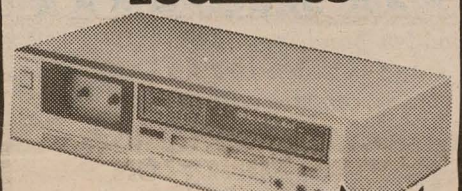
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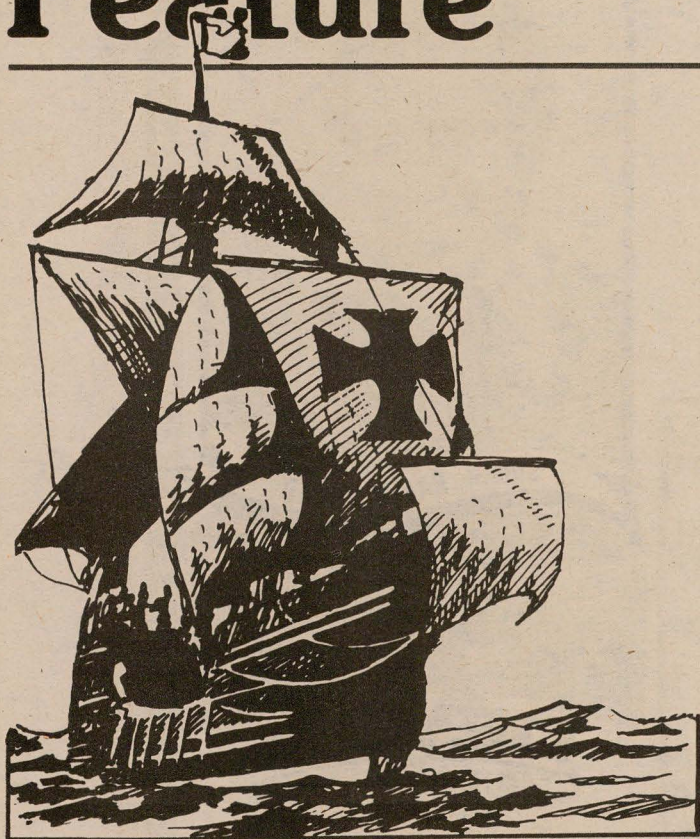
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Feature



...And a star to steer her by...

It is a minute or two before high noon. Two men and a boy gaze intently at a crude wooden bowl mounted on a waist-high stand between them. In the bowl is an iron needle and a hand-drawn compass rose, both balanced on a copper pin.

One man, a seaman, suspends a weighted cord over the compass. The second, the ship's pilot, watches closely as the shadow cast by the cord responds to the sun's movement across the October sky, slowly drawing parallel to the iron needle.

At the precise instant that the shadow and the iron needle are aligned, the pilot drops his hand. In response to this signal, the boy quickly inserts a half-hour glass, the first of 48 that will be used during the next 24 hour to measure the passing of the day.

Thus did Christopher Columbus and his seagoing contemporaries measure the passage of time before the invention of the chronometer.

Today, time checks accurate to a few millionths of a second can be obtained at the push of a button. Complex navigation aids small enough to fit into a pocket are within the reach of most sailors, as are electronic machines to forecast the weather, describe the depth and shape of the ocean floor, warn of icebergs and other navigational hazards—even summon help if needed. Sailors of Columbus' time were equipped with little more than their wits and courage.

It was one thing for a 15th century ship captain to navigate the waters of western Europe and the Mediterranean, often within sight of land. The problem became more difficult when he dared to risk the high seas—even in those days ships travelled back and forth between the Azores and the Canary Islands and Europe—and Columbus is known to have made at least one trip to Iceland.

Sailing by Latitude

The precise determination of a ship's position by both latitude and longitude was not possible until the development of the chronometer early in the 19th century. However, even the ancient Greeks knew how to determine latitude by measuring the angle of the pole star.

Columbus took such measurements using an asrolabe or a quadrant, forerunners of today's sextant. This method of navigation, called "sailing by latitude," was used as recently as 100 years ago, when ship captains sailed north or south to a known latitude, then turned due east or west to the port they intended to visit. On returning from his voyage to the Bahamas, Columbus sailed north to the latitude of the

Azores and then turned due east to reach them.

The measurement of time was critical in determining distance covered. Here's how Columbus zeroed in on high noon each day; the sun rises in the east until it reaches its highest altitude—its "zenith"—at "local apparent noon" each day. Then it crosses over into the western sky where it remains until it sets. By suspending a cord over the compass needle, Columbus was able to determine by its shadow the exact instant when the sun reached its zenith and crossed the north-pointing compass needle. Thus, his half-hour glass "clock" was accurately reset at noon each day, regardless of the carelessness or forgetfulness of the ship's boy who maintained the half-hour glasses.

Every captain of Columbus' day kept a secret log containing information and local knowledge about navigational aids and hazards he encountered in his travels or learned elsewhere. In Portugal, these logs were called "rutters," and this is thought to be where the present-day term "rudder" originated.

Next to the rutter, the primary navigation aid used in his day was the ship's compass, often just a wooden bowl containing a copper pin on which a hand-drawn compass rose

and iron needle were balanced. Occasionally, the pilot checked the compass, then raised his arms in the direction the needle pointed. Everyone watching then had an approximate idea of where north lay, and courses could be corrected accordingly.

At night, the 15th century seaman looked for the north star and used it to maintain course.

Time was kept by the half-hour glass. The youngest member of the crew on watch had the responsibility to turn the glass every half hour, as

close as possible to the exact instant when the last grain of sand ran through it, and to call out each time he did so. All of the ship's business—changes of watch, meals, courses laid, distances travelled—were kept in accordance with the turning of the glass.

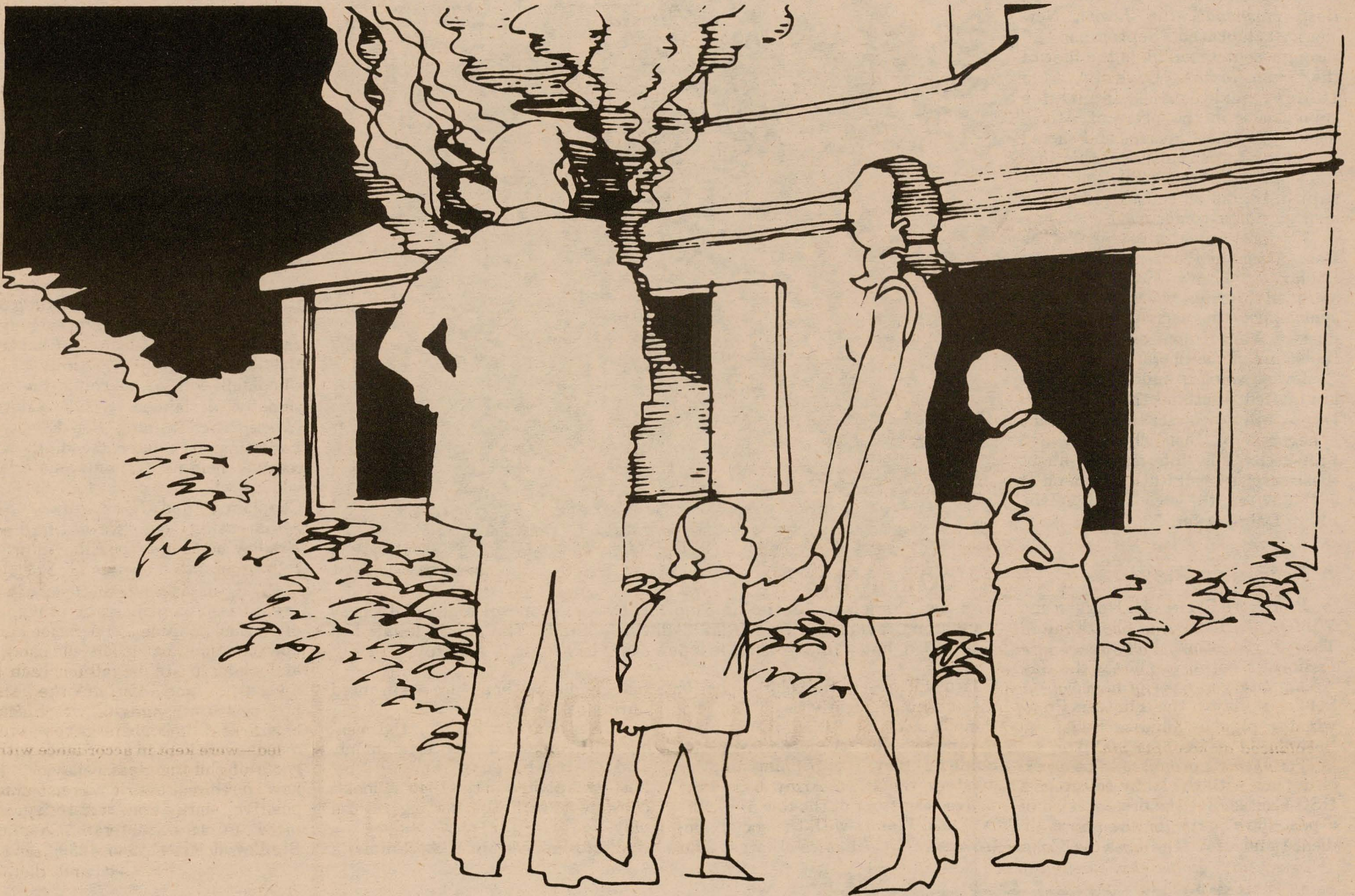
In those days, it was not unusual for the entire crew and many of the officers to be illiterate, so graphic means had to be devised to keep track of courses followed and distances travelled.

One method used was the traverse board, a wooden compass rose with eight holes drilled along each of its 32 points. Each time the half hour glass was turned, the helmsman put a peg into whichever point of the compass the ship travelled during the previous half hour. On the traverse board below the compass rose, a series of holes was drilled that the helmsman used to describe distance travelled.

For example, if he thought the ship had travelled two miles in the previous half hour, he put a peg in the second hole in a row, and added pegs every half hour of his watch. At the end of the watch, the pilot checked the traverse board, noted the eight logged courses on the compass rose, and totalled the miles of distance travelled. This procedure was repeated for every watch during the day.

Columbus' voyage of discovery in 1492 to San Salvador Island in the Bahamas was the longest recorded open sea passage made to that date. Because he felt that the crew would lose heart as the voyage progressed and they sailed ever farther from land, he decided to keep two logs, one of which recorded shorter distances travelled than was actually the case. Whether or not this ruse was successful is not known, but modern navigators who have studied both logs are in agreement that his "false" log was actually more accurate!

Feature



FIRE! What do you do if it's *your* house?

by Robert Streeter, Fire Marshal

In order to control fire and reduce its devastating effects, the entire Presidio community must play a part and work together. A "team effort" is the most effective way to attack fire. Fire protection should not be the responsibility of the fire department alone. Everyone in the community can—and should—contribute to increasing fire safety.

Fire loss totals for 1982, the latest available, show fires numbering a staggering 2,538,000 in the United States alone; 6,137 deaths, and a direct property loss of over 6.4 billion dollars. Statistics from the National Fire Protection Association (NFPA) show that cigarettes are the leading cause of accidental multiple-death fires in homes. (Multiple-death means three or more victims). Children 15 years old and younger account for more than half of all victims in multiple-death fires.

What can I do?

There are some important things you can do as an individual to im-

ESCAPE!

Does your family have a fire escape plan? If not, here are recommendations from the National Safety Council:

- To plan a fire escape route, draw the actual layout of your home. Mark the exits and sketch in the escape options you have if the main hall or stairway is blocked.
- Is there a deck or porch roof that can give temporary refuge? If not, have you considered escape ladders from second story windows? Can windows be easily opened?
- Conduct drills so that the

emergency actions become second nature to the household. Remember, in a crisis it is difficult to think clearly unless escape options have been identified in advance and drills have been held.

- Your plan should include an outdoor meeting place so you can make sure everyone is safe. If anyone is missing, leave the job of going back inside to firefighters. Would-be rescuers should know that lethal amounts of odorless gases are often present—causing the rescuer to become a victim.

(AFPS)

prove fire safety for your family and home:

First, remember to test the smoke detector in your quarters each pay-

day. If the test switch fails to cause a beeping sound, immediately call the DEH (Department of Engineering and Housing) Work Order Desk at 561-2104 for repair or replacement.

Second, think about an escape plan for your quarters—every family should have one worked out ahead of time.

Third, check the cords on lamps and other appliances. If the cords are frayed or worn, have them replaced with new ones. If you have to use an extension cord, *never* run it under the rug; people stepping on cords break down the insulation, which can cause a fire.

For those who smoke, just remember that the majority of residential fires are caused by cigarettes, with the greatest number of multiple-death fires starting between midnight and 8 a.m. Also remember, a cigarette will burn continuously if left unattended, and can easily burn through the outer fabric of an upholstered chair or couch, in addition to bedding.

Learn not to burn!

Community Calendar

Yom Kippur

Rosh Hashanah, the Jewish New Year, celebrated September 26 through September 28, is the first of the *Yomim Noraim*, "Days of Awe," a 10-day period of repentance culminating in the "Day of Atonement"—the most ancient and sacred day in the Jewish calendar. This year the Day of Atonement, or *Yom Kippur* begins at sunset today and ends at sunset tomorrow.

The most important symbol of the Rosh Hashanah observance is the Shofar, or Ram's Horn, which is sounded during worship in the synagogue; the sacred services at dusk on Yom Kippur are ended with the sound of the Shofar.

Jewish soldiers and their families are invited to attend the High Holy Days religious services at the synagogue of their choice in San Francisco. For information about these services, call Ruth Callmann at 561-4397 or the Jewish Chaplain, Rabbi Dalin, at 561-2351.



photo by Jon Sievert

A Soldier's Play

Producers Charles H. Duggan and William B. Bunting of the Stanford Theatre, downtown Palo Alto's professional theatre, will honor the Bay Area military at a performance of "A Soldier's Play," the Pulitzer Prize-winning play by Charles Fuller, on Saturday, October 6 at 8:00 p.m.

The evening promises to be an exciting one with the lobby set up as a USO Canteen for the presentation of a post-show party for the entire audience and cast. The Presidio Color

G'day, Mate!

The San Francisco Zoo is jumping for joy—a "mob" of eight giant grey kangaroos recently arrived from Sydney, Australia. The zoo is located at Sloat Blvd. and 45th Ave. and is open every day from 10 a.m. to 5 p.m.

Guard will present the colors to begin the evening's festivities. The nationally acclaimed Negro Ensemble Company will then perform "A Soldier's Play," a gripping murder mystery set at an Army base that weaves the story of the role of blacks in World War II with the social controversies in America-at-large. Old

hate and new hope are confronted during a search for the killer.

A USO Party will top off the evening with music, live entertainment, and refreshments served by hostesses attired in the 1940's "look" consistent with the setting of the play.

Performances of "A Soldier's

Play" begin September 25 and continue through October 7. For information on the Military Evening, please call the Stanford Theatre (415) 323-4000. Tickets are available at the Stanford Theatre Box Office at 221 University Avenue and at Downtown Center Box Office, BASS, Ticketron, and all major agencies.

Effective parenting class

Beginning Tuesday, October 9, from 6:30 to 9 p.m. and continuing for nine consecutive Tuesday evenings, ending on December 4, Chaplain Bradley (Presidio's Family Life Chaplain) will be teaching the nationally acclaimed STEP Course (Systematic Training For Effective Parenting). People attending will receive helpful training materials which will be paid for by the Chaplains' Fund. There will be a \$10 registration fee. Call Chaplain Bradley as soon as possible in order to be guaranteed a space in the class.

STEP is a group discussion program based on democratic principles of mutual respect, cooperation, and open communication between parents and children. In an atmosphere of mutual support, participants learn how best to encourage their children, how to get their children to assume responsibility, how to identify the goals of children's misbehavior, and how to redirect their children toward positive ends. For registering, or more information, call Chaplain Bradley at 561-4719 or 4239.

...the write stuff...

by Richard Wetzel

There's no time for lolly-gagging this week...I'm running short on time. On with the show...

The 40th Grand National Rodeo/Horse Show/Livestock Expo opens Oct. 26 at the Cow Palace (appropriate name and place) and runs through Nov. 4. Events include bull riding (no, not that kind), bareback riding, saddle bronc, chariot and chuck-wagon races, a Dinner Bell Derby and special performances by the *Oak Ridge Boys* Oct. 29 and 30 only...tickets on sale at major outlets and at the door...

Friends of the San Francisco Public Library will hold a book sale Sunday at the Fort Mason Center, bldg. C. Hardcover and paperbacks with titles from art to zoology go on sale, 4 for \$1 or 30 cents each...admission is free...

FESTIVALS, FESTIVALS AND MORE FESTIVALS... (must be open season). A CHOCOLATE FESTIVAL (melts in your hands, not in your mouth) at the Ghirardelli Square tonight through Sunday with entertainment and edibles as art and demonstrations...VIDEO FESTIVAL, with an opening party tonight at 7:30, continuous through tomorrow with the latest in videos from the east to the west coast and then

some, at the Video Gallery, 1270 17th Street...GREEK FOOD FESTIVAL, with what else but Greek food and live Greek music. I haven't heard anything about dancing, but I'm sure no one would object if you got up and did a little boogying or whatever it is they do in Greece. It's happening now through Sunday at the Greek Cathedral of the Annunciation, 245 Valencia Street...

Artists of all ages are invited to enter their talents in the 1985 Snokey Bear and Woodsy Owl Environmental Poster Contest. Sponsored by the National Council of State Garden Clubs in cooperation with the USDA Forest Service and State Foresters, entries should be designed with an environmental theme. Posters will be judged in several competitive divisions, on the basis of originality, design, slogan, artwork and overall message. Deadline is Jan. 5, 1985, and contest rules are available at Forest Service offices...

JUST IN TIME FOR HALLOWEEN...The Dracula School of Vampires, a children's fairy tale version of the classic horror, premieres at the Young Performers Theater, Ghirardelli Square, Oct. 19 through Nov. 4...

MUSICAL SNUFFING WITH A BEAT...It may or may not be a record but the *Grateful Dead*

sold out six nights at the Berkeley Community Theater in just 48 hours...by mail order!!!...The Concord Pavilion presents *Don Williams* and *Sylvia* Oct. 11...*Hank Williams Jr.* plus *Leon Russel* Oct. 17 and *George Jones* Oct. 19...Acoustic guitarists *Eric Tingstad* and *John McCormick* will perform at the Fort Mason Center, bldg. C, Sunday at 7:30 p.m. Cost is \$4...

MUSICAL ERRORS...*Romeo and Juliet* WILL NOT be playing at the Kabuki Club Oct. 12 after all; their music has been dead for some time now, (I'll get you for this one, Liz!). Instead, *Romeo Void* will be performing in that time slot. There's a BIG difference...

AND A FEW MORE...Numerous suggestions have come my way since last week's publication of my Operation Name Shuffle...Assist. Fire Chief Coon is now in charge of animal control and Fire Inspector Streeter now heads roads maintenance...Capt. Shields will be the Safety Officer...SFC Cannon to the Salute Battery...Mr. Smart to the Education Center (maybe he can learn a thing or two)...Sp. 5 Parker to the motor pool...SFC Rogers in charge of Neighborhood Watch...and Ms. Greeley will work with all young men going west...Sorry, I couldn't resist... Till next week...

At the movies

Presidio Theater

Oct. 5 - Cloak and Dagger (PG)	7 p.m.
Oct. 6 - Red Dawn (PG-13)	7 p.m.
Oct. 7 - Red Dawn (PG-13)	2 & 7 p.m.
Oct. 8 - Red Dawn (PG-13)	7 p.m.
Oct. 9 - Greystoke: Legend of Tarzan (PG)	7 p.m.



Oct. 10 - Rhinestone (PG)	7 p.m.
Oct. 11 - Electric Dreams (PG)	7 p.m.
Schwartz Theater	
Oct. 8 - Cloak and Dagger (PG)	7 p.m.
Oct. 10 - Red Dawn (PG-13)	7 p.m.
Oct. 11 - Greystoke: Legend of Tarzan (PG)	7 p.m.

Sports

PSF intramural flag football

Last week we mentioned that USAG (US Army Garrison) was the team to beat—their very next opponents did just that. The 864th Engineers came out ready in their first league game, by beating USAG 16 to 8. In the 1st quarter, 864th stopped USAG quarterback Rudy Russell in the end zone for a safety; the second quarter had 864th Engineers quarterback Darrel Brown hit teammate Bob Adams for a 38-yard TD pass. USAG came back with a 60-yard TD pass from Rudy Russell to Veahy Colburn and then scored the extra point to tie the score 8-8 at half time.

Neither team scored in the third quarter. In the fourth period, Brown threw a 28-yard pass to Cedrick Archie for the final touchdown of the game and the extra points were good. Final score: 864th - 16, USAG - 8.

Post tennis tournament

The Post Tennis Tournament has started and the open division has provided the most action.

Mike Paglianti (Co. A, LAMC) upset Jerry Colburn (USAG) 6-3, 6-4 to highlight first round action.

Other results saw Bill Freeto (Co. G, DLI-SF) defeat Stan Hollenback (LAIR) 6-3, 6-1, Doug Paarman (6th Army Band) easily beat George Ferguson (USAG) 6-1, 6-0 and Antonio Rodriguez edge Jeff Smith (INSCOM) 6-2, 6-3. The pre-tournament top seed and Army champion Nick Lapins (LAMC) is heavily favored to win.

Post bowling team

The Post Bowling Team is off to a fine start in the Nor-Cal Military traveling league. They are in second place and only one and a half games behind Mather Air Force Base.

There are six teams, consisting of Army, Navy and Air Force people. Leading the way for our team are Felix Mallorca (LAMC) who won five out of six games, Len Shanks (Co. A, LAMC) had a high 200 game and Rick Fesler (Co. A, LAMC) a 571 high series.

The first home match will be at 11 a.m., November 4 at the Presidio Bowling Center, bldg. 1387.

Thanksgiving turkey golf shoot

The annual Thanksgiving Turkey Golf Shoot Tournament will be on Thursday, November 15, at the Presidio Golf Course. Tee off times will be between 8 and 9:30 a.m. Soldiers assigned or attached to the Presidio of San Francisco are eligible to participate in the tournament. There will be four divisions, Open Senior (40-years plus) Callaway and Women. The Callaway division is for golfers who do not have an established handicap at the Presidio Army Golf Club.

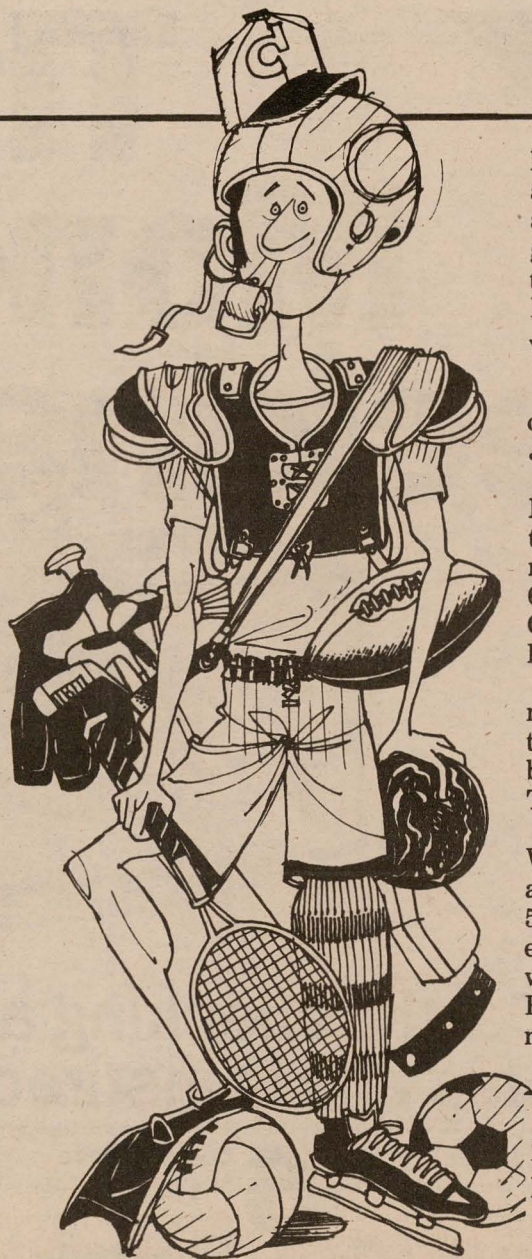
Awards (turkeys) will be presented to the top finishers in each division.

For sign-up or information, call the Sports Branch office, bldg. 63 at 561-4120/5032.

Post flag football

The Post Flag Football team continued its winning ways as it upped its win/loss records to 5-1. They defeated the U.S.S. Haleakala 36-16. Ace quarterback Rudy Russell (USAG) threw five touchdown passes, with two of them going to Anthony Brown (Co. G, DLI-SF). Other touchdown passes were to Jerry Washington (USAG), John Capers (USAG) and Russell Toms (USF ROTC).

This explosive air attack is like the San Diego Chargers and Dan Fouts. They can score with long bombs or short passes. The defense



has allowed opponents only 15 points a game, with the powerful offense averaging 25 points. The next home game is scheduled today at 5 p.m., at the PX athletic field (next to the Post Library) vs. Naval Hospital Oakland.

Youth activities classes

The following YA classes will be offered beginning in October:

Jazz Dance:

Ages 6 through 10 will meet on Mondays and Wednesdays from 4:30 to 5:30 p.m. Ages 11 through 16 will meet on the same days from 5:30 to 6:30 p.m. Lessons will be at the Log Cabin, and will cost \$30 per month.

Ballroom Dance:

For youngsters of all ages. Will meet every Monday evening from 7 to 9 p.m. at the Log Cabin. Cost will be \$30 per month.

Tap Dance and Movement Class:

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24 - 27 September, Results

Sept. 24
864th Engrs-16 USAG-8
Corps of Engrs-14 OARB-0

Sept. 25
LEC-16 USAISC-0
864th Engrs-12 6th Army-9

Sept. 27
OARB-32 LAMC-20
Corps of Engrs-21 LEC-14

Schedule of Games Oct 9 - Oct 18

Oct. 9
6 p.m., Co.H, DLI-SF vs. LAMC
7 p.m., USAISC vs. 6th Army

Oct. 11
6 p.m., OARB vs. USAG
7 p.m., 864th Engrs vs. LAMC

Oct. 15
6 p.m., LEC vs. 6th Army
7 p.m., Co.H, DLI-SF vs. USAISC

Oct. 16
6 p.m., Corps of Engrs vs. LAMC
7 p.m., 864th Engrs vs. USAISC

Oct. 18
6 p.m., OARB vs. 86th Engrs
7 p.m., LEC vs. Co. H, DLI-SF

Jimmy the Freak

Space is at a premium, so you readers did not get the opportunity to read all of my predictions for last week's games. I can only tell you that my manhood is still intact and I still have a glimmer of pride because you couldn't witness my eventual humiliation. By some stroke of luck, the editor removed several of the games that turned out to be incorrectly predicted. Oh, well...as my dad, James L. Freak I, once said on numerous occasions, "If it's true that it's better to be lucky than smart, you'll grow up to be *really* lucky, 'cuz I've seen smarter slugs." Good old Dad.

San Francisco 27 - New York Giants 16

The 49ers seem to do just enough to get by without working up a sweat...do you think they might be federal employees in the off season? All seriousness aside, the Giants' offense just doesn't compare to the 'Niners', and Montana and company should score enough off their tough defense to win easily. Is there any truth to the rumor that Montana is changing his first name to "addidas" for promotional purposes?

Washington 29 - Colts 20

I feel sorry for the travel coordinator for the Redskins. Before now, the team only had to grab a

couple of cabs, beat up the Colts, and be home in time for dinner. Now, they have to go all the way to Indianapolis to beat them. I asked a friend what does anyone do for fun in Indianapolis, and he said that you pack up the wife and kids...and move somewhere else!

Los Angeles Raiders 31 - Seattle 20

Boy, I wish I could reverse this prediction, but the Raiders will be mad as a Southern Baptist at a breakdancing contest after losing to Denver. If Franco Harris thinks he will break the rushing record against these guys, then he's smoking something stronger than Virginia Slenders.

Chicago 31 - New Orleans 21

Walter Payton should break Jim Brown's rushing record just before halftime of this game. If Richard Todd got confused by the 49ers defense, just imagine what the Bears' ferocious defenders will do to him! "In Todd We Trust" my Aunt Hilda! Trust him to toss at least three interceptions!

San Diego 37 - Green Bay 28

Better let Strategic Air Command know that all that aerial activity in Wisconsin is not being caused by Russian bombers, but by two pass-

happy guys named Dan and Lynn. A new NFL record may be set for number of passes in one game—if the weather is good. Look for Fouts to have at least one touchdown pass more than Dickey, which will be the difference in the game.

Dallas 24 - St. Louis 20

The only difference in this game will be the home field advantage the Cowboys will have...as well as better-looking cheerleaders. If you ever wondered what a plucked cardinal looks like, just watch what goes on if, and when, St. Louis scores a touchdown. There must be something wrong with Missouri water 'cuz those gals are homely!

Upset of the Week No. 1

Atlanta 27 - Los Angeles Rams 20

The Falcons looked tough against the 49ers. I just can't believe that they won't score a lot of points two weeks in a row. The Rams are the worst team in football with a winning record.

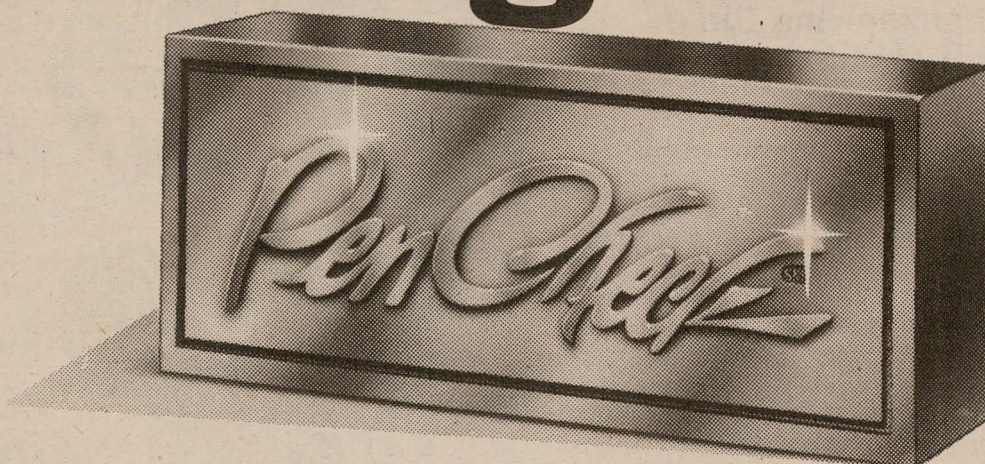
Upset of the Week No. 2

Cleveland 30 - New England 24

Rumor has it that the Browns *have* to win this game to save their coach his job. So look for the team to play aggressively. Look for the Patriots to turn to Steve Grogan to find a way to lose.

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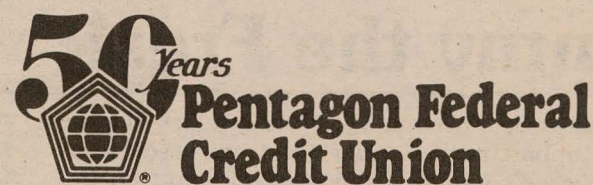
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Star Presidian

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"Published in the interest of the people of the Presidio of San Francisco."

October 12, 1984

News briefs

Flu immunization

On October 25 from 8 a.m. to 4 p.m. in building 35, influenza immunization will be given to all active duty and DoD civilians assigned to post and 6th Army. Active duty personnel are reminded that this is a mandatory requirement.

Conzelman Road closes

Conzelman Road will be closed between Battery, Spencer and McCullough Road from 7 a.m. to 5 p.m., Monday through Friday for road repairs. Road will be closed effective October 12 for approximately 60 days.

For further information or on-site coordination concerning this project contact Mr. Harding or Mr. Holder, GGNRA, telephone 331-1422.

English workshops

If English is not your first language and you have learned some English language skills very well, but have trouble with others, the English workshop may be just for you. Four workshops have been scheduled at the Education Center, bldg. 1216, from October 9 to November 21, 1984. The first workshop, Basic English, 12:30-2:30 p.m., is for people who are at a beginning to an intermediate level. In the second workshop, Communication Skills, 2:30-3:30 p.m., students work on clarity when speaking, polite forms, and listening and reacting to what someone says. The third workshop, Reading II, 3:30-4:30 p.m., improves reading speed, vocabulary, understanding, and ability to discuss what is read. The fourth workshop, Writing, 4:30-5:30 p.m., focuses on correct grammar, punctuation, and self expression. It's not too late to enroll in one or all of the workshops. For additional information or to enroll, call the Education Center, ext. 2974/4445.

Pet news

The Department of Defense Authorization Act has changed the implementation date for the initiation of the \$10 user fee for Veterinary Care services from October 1, 1984 to October 1, 1985. Therefore, the Animal Care Facility is open for business as usual. Please call the Veterinary Services Clinic Fund for an appointment at 561-3744.

Sukkot

Sukkot, (the Feast of Booths), one of the three Biblical Pilgrimage festivals, is observed for eight days - from 15 - 22 Tishri, corresponding this year from sunset, Wednesday, October 10, to sunset, Friday October 19. The original name of the festival was "Feast of the Ingathering." It was the Jewish festival of Thanksgiving on the occasion of the final ingathering of the harvest in the land of Israel. The Sukka (Booth) symbolizes the wanderings of the people of Israel in the wilderness of Sinai, on their way to the Promised Land.

Sabbath services on Friday, October 12, will be held at 4:30 p.m. in the Sukka, next to the Religious Activities Center, bldg. 682, Presidio of San Francisco.



Handicapped employees achieve successes within DoD

by Tom Condon

Five years ago Wilmot D. Shaw was a work order clerk for the Army at Fort Jackson, S.C. Today he's a GS-11 supervisory technician in the engineering and housing directorate there. His progress would be called good by any measure, but Shaw has a few more hurdles than most people have to overcome: he has no right leg and his left leg was severely injured.

Shaw's 1972 auto accident at the age of 30 abruptly ended his career as a special agent for the South Carolina Division of Law Enforcement. He got a job as an electrician with a construction crew and attended college at night taking engineering and other courses related to his work. In 1979, he was hired by the Army as a GS-3.

Shaw, an Air Force veteran who has a bachelor's degree from Benedict College in South Carolina, has not only established a new career for himself, but he's saving the government money. Through his engineering skills, the Army estimates he has saved about \$800,000 through labor-saving studies on construction improvement projects for Fort Jackson.

Married and the father of three, Shaw is the winner of this year's Army Handicapped Employee of the Year Award. He is one of three civilian employees from the military services who will be honored at Department of Defense ceremonies at the Pentagon during National Employ the Handicapped Week, Oct. 7 - 13.

The Navy award winner, Douglas Martin, is a physicist working in Hawaii for the Naval Oceans Center. Winner of the Air Force award is Gary Kather, Chief of the Employment and Training section of the 1606 Air Base Wing, Civilian Personnel Office, Kirtland Air Force Base, New Mexico.

Martin has been blind since birth. He was cited for his excellent work using computers to detect underwater targets by sonar echoes. The 31-year-old GS-12 is married and the father of two. According to a co-worker, "Doug is so efficient that nobody considers him to be handicapped."

Kather injured his spinal cord in a 1977 auto accident. Both arms and legs are paralyzed. The 45-year-old quadriplegic is being recognized for his outstanding skills in human resource development as a GS-13 employee with the Air Force and for his community leadership. He has been cited for outstanding service on community committees by the Albuquerque, N.M. chapter of the American Society for Training and Development. He has received special recognition from the Office of Personnel Management for outstanding support of its training programs. Kather, who is working on a post graduate degree at the University of New Mexico, also is active in veterans organizations.

Six other handicapped award winners and their DoD agencies are: Douglas A. Savant, Communications; Melvin M. Ritter, Logistics; Donna S. Banner, Mapping; Donald A. Morford, Intelligence; Richard M. Piemonte, Contract Audit; and Bruce A. Edwards, CHAMPUS.

Department of Defense policy states all persons have a right to employment at the highest levels of which they are capable, regardless of disability. Another example of this policy in action is Judith C. Gilliom who last year became the first department-level manager of the Handicapped Individuals Employment Program for DoD. A quadriplegic as a result of a spinal cord injury in 1970, she works in the office of Donna M. Alvarado, Deputy Assistant Secretary for Defense for Equal Opportunity and Safety Policy at the Pentagon. Gilliom also serves as DoD staff liaison to the U.S. Architectural and Transportation Barriers Compliance Board, and represents the agency on the Standing Committee of the Interagency Committee on Handicapped Employees.

From Sept. 30, 1983 through Sept. 30, 1983, the number of DoD employees with disabilities targeted by the Equal Employment Opportunity Commission rose from 7,636 to 9,439 or 23.6 percent; the increase in the Department's general civilian work force increased by only 6.7 percent.

(AFPS)

Opinions

Halloween Tips



Halloween in the minds of most children probably ranks second only to Christmas. It is also important to those of us responsible for young children who will be going from door to door trick or treating on that special night. Tragic incidents resulting from tampering with candy and other treats given to children are reported every year. Nationwide in 1982 there were 270 suspected Halloween candy adulterations analyzed by the Food and Drug Administration. Fortunately, in only 13 cases the candy had in fact been tampered with.

The Presidio Military Police recommend that parents instruct their children to accept only wrapped or packaged candy, and that candy be examined by an adult before children are allowed to eat it. As a further aid, the confectionery industry has provided law enforcement agencies with

a toll free number to call when questions arise about suspected cases of candy tampering. Presidian Military Police are prepared to assist.

When you inspect your child's candy, you should be aware of the following facts as provided by the National Confectioners Association and the Chocolate Manufacturers Association concerning commonly reported suspected adulterations.

"Needle Holes" - Air holes may legitimately occur in chocolate products in the manufacturing process as nuts, cherries, and the like are covered with chocolate. These holes do not necessarily mean someone has tampered with the candy.

"Glass" - Sugar crystals occur when sugar doesn't break down completely in processing. These crystals may be perceived as glass, but if they dissolve when placed in water, they are sugar.

"Foreign Objects" - Chocolate "bloom" may appear as a light tan coloring on chocolate stored in a place that is too warm. This is cocoa butter rising to the surface. It may affect the appearance, but the produce is safe to consume.

Many reports are made because of a "holiday paranoia" that develops and is fed by rumor. If a suspect item is given to one of your children, please call for assistance. It may be "paranoia" but it may also prevent an injury.

Your Military Police are prepared to help insure your child's Halloween is both safe and memorable. Do your part by checking all treats before the children eat them and report any suspicious items by calling 561-2252. We'll be glad to check it for you on our special hot line. Happy Halloween!

Ramblin' Sam

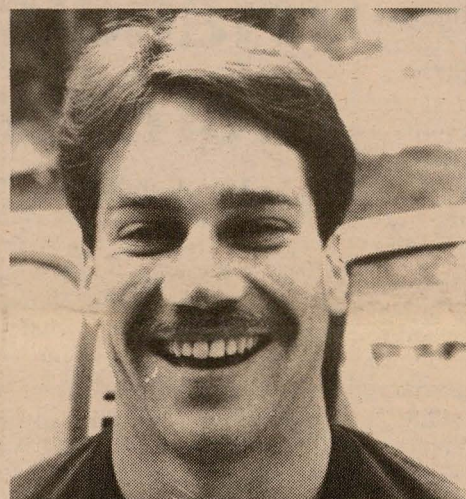
"Do handicapped people make good employees? Why?"



Sp4 BOBBY SIMS-Ceremonial Platoon "I guess it would depend on the job. A handicapped person might not be able to do certain jobs, but at other jobs, they might be just as capable as any other person."



Sgt. JAMES KIMBLE-Supervisor, Post "Trashbusters" Police "I would say yes. In my experiences, I have found them to be better at jobs they can fill."



Sp4 FRED CANONICA - medical hold, "I'm sure there are handicapped people who qualify for many jobs and could compete in today's job market."



Sp4 KENNETH R. MIZE - HQ USAG, "First, I'd say it depends on the job. When I hear the word handicap I think of limitations. But, I have also seen handicapped people do better than some people who don't have any limitations at all. The job that's all."

Editorial

The Sunset Gun

A touch of night on the hilltops gray,
A dusky hush on the quivering Bay;
A calm moon mounting the silent east—
White slave the day-god has released;
Small scattered clouds
That seem to wait
Like sheets of fire
O'er the Golden Gate;
And under the heavens growing dim,
With a seeming pause on the ocean's rim,
Like a weary lab'er, sinks the sun
To the booming crash of the sunset gun.

All over the long slopes grown with green,
With the white tents scattering in between,
The flickering campfires start to glow
In the groves of the fair Presidio;
While the solemn chord
Of the evening hymn
Rolls over the Bay
Through the twilight dim,
As the flag comes down to an anthem grand;
The brave old song of our native land,
And Angel Isle, when song is done,
Booms out "Amen" with it's sunset gun.

The moon rises higher; and duller grow
The dying hues of the afterglow;
The darkness falls and the camps grow still;
While down from his tent on a distant hill
The bugler sends,
In a cadence true,
The long sweet notes of the old tattoo;
Then the lights go out and the god of sleep
Stands guard o'er all in a silence deep;

And the soldier dreams of the battles won—
Old dreams revived by the sunset gun.
Ah, hearts of steel! If we only knew
The thoughts that come with the old tattoo.
The pictured haunts that you sometimes see
In the dreamy hour when your mind is free
From the martial hand
To wistful roam
To the far-off place
Which you know as "home"!

Please see page 3

The Star Presidian is published weekly by Coast Publishing as a civilian enterprise in the interest of the military and civilian personnel at the Presidio of San Francisco, California.

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boy,
Slips once again when his work is
done,
Long after the boom of the sunset
gun.

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1898

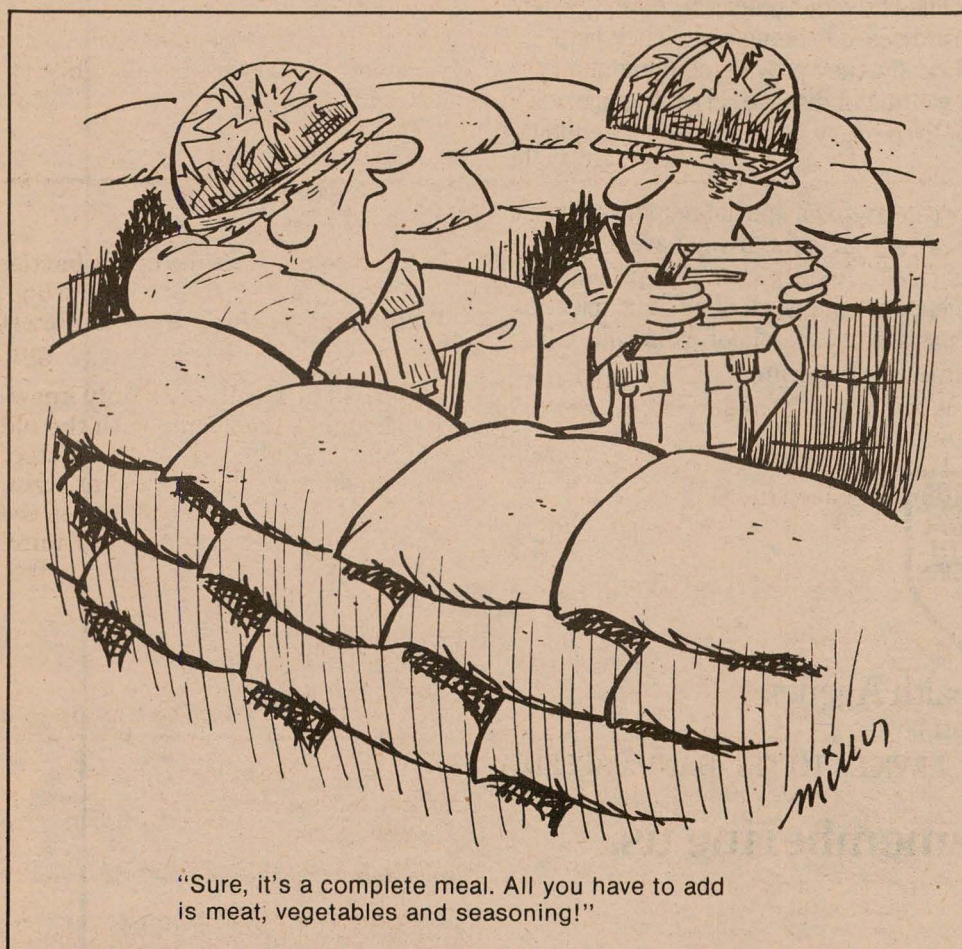
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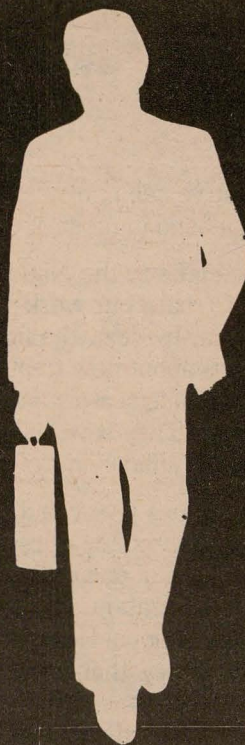
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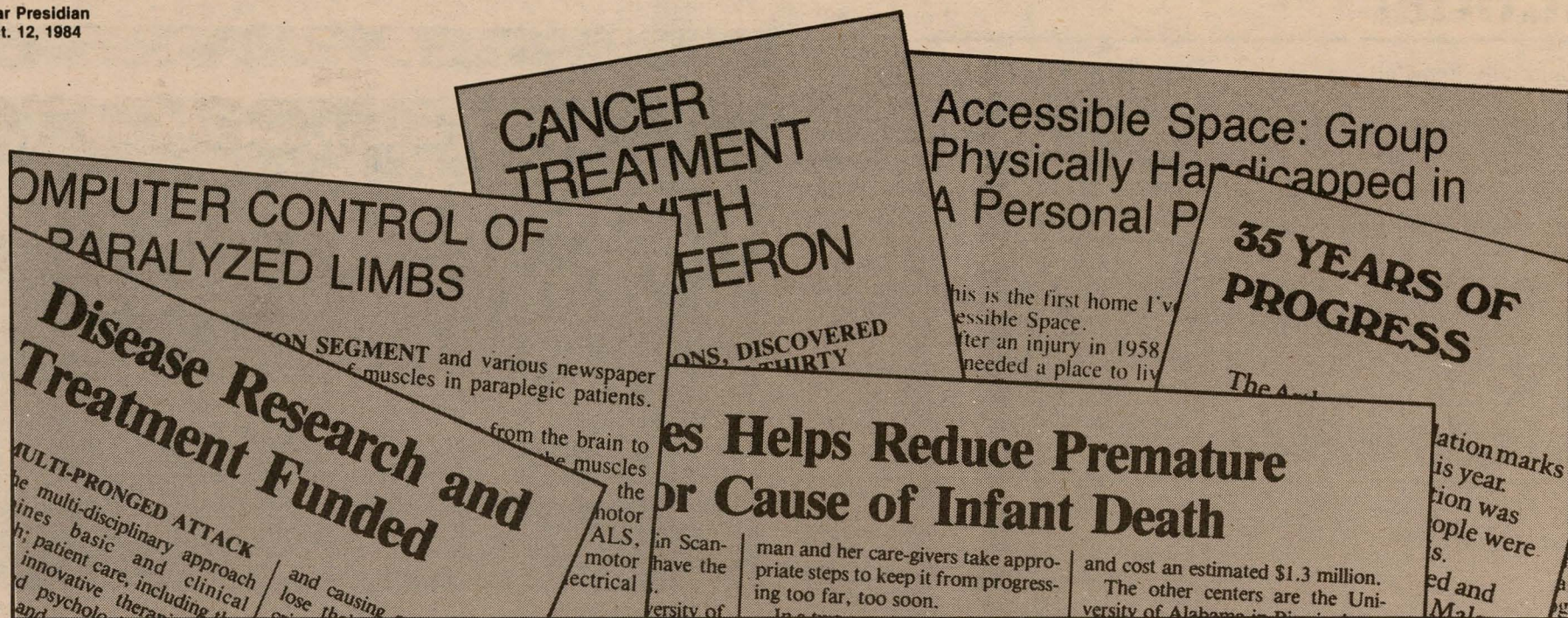
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Feature

The APRT requires preparation and endurance

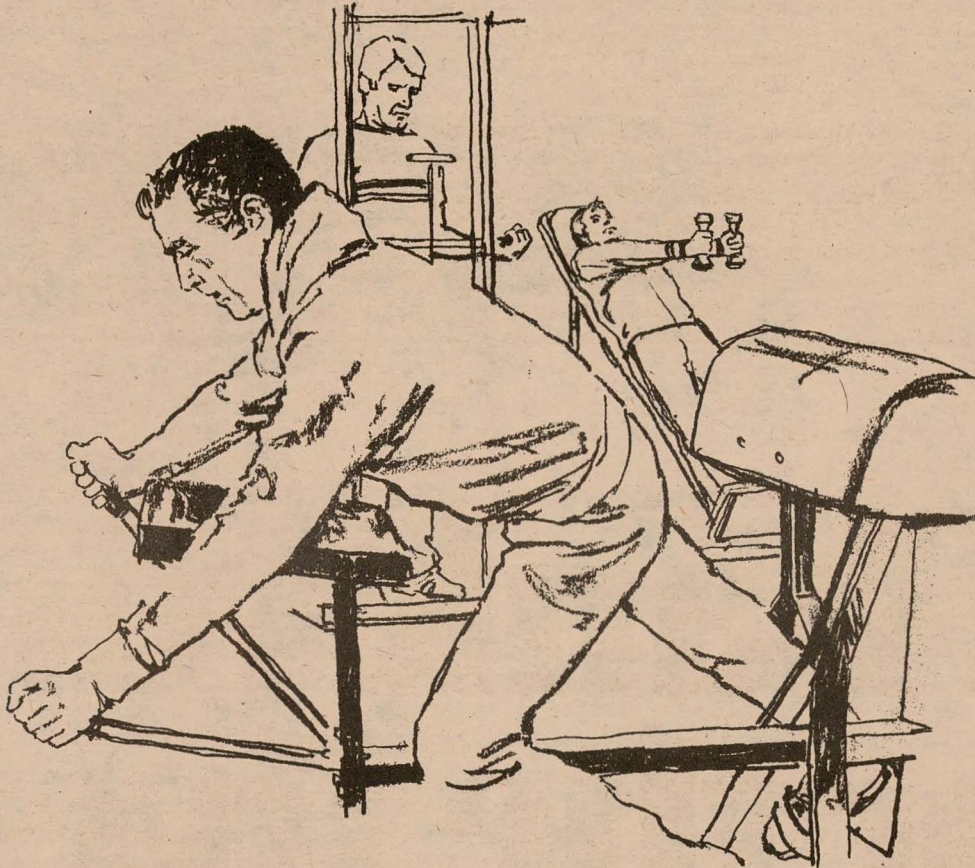
The Army Physical Readiness Test rolls around every six months. And it's not the type of test you can cram for at the last minute.

Physical fitness takes time. The key is to become tuned in to the body and apply stress gradually. This way the body adapts and does not break down.

Many people feel that to improve strength they must increase the number of times they do an exercise with each workout. If they do 20 push-ups today, 21 should be done tomorrow. This approach can lead to injury. An Army health official recommends the "PRE" (progressive resistance exercise) plan:

First, determine the maximum number of times you can repeat an exercise. Then reduce your efforts. For example, if you can do 20 push-ups, start with 10 or 15 at a time. Rest or stretch for two or three minutes. Then do a second set of 10 or 15.

Repeat this set of exercises three or four times each workout. When they become easy to do, add additional sets. After reaching seven sets in one exercise period, reduce the number of sets to three and increase the number of times you repeat the



exercise by 25 percent.

To improve endurance, give the heart and lungs a workout. Some sug-

gestions are fast walking, running, swimming, cycling, cross-country skiing, jumping rope and rowing.

Choose whatever activity is convenient, enjoyable, and meets these requirements:

- The activity must raise your heart rate to 70 percent of its maximum. Your maximum heart rate is determined by subtracting your age from 220. For example, a 20-year-old's heart rate would be 200 - 20 = 200. The target to reach during the exercise would be 70 percent of 200, or 140 beats a minute.

- The target heart rate has to be maintained for 15 to 20 minutes every other day to gain the maximum benefits. To make sure you are reaching your target, count the number of beats at the pulse on your neck or wrist.

These suggestions do not guarantee success, but are valuable in reducing injuries. The "quick fix" approach to physical fitness can lead to injury and has left many soldiers unable to pass the APRT.

(Editor's note: This material adapted from an article written by Lt. Col. Douglas A. Kersey, Army Medical Specialist Corps. Courtesy of the Office of the Surgeon General and Health Services Command.)

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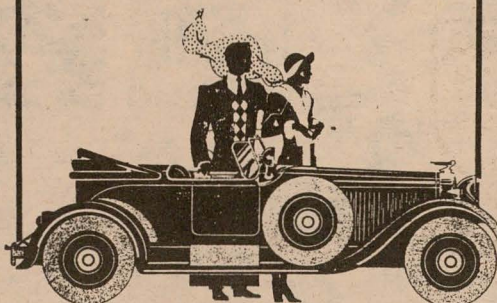
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“Trashbusters” at work

With fall clean-up approaching, all post personnel will be busy cleaning and policing their areas. But a group of six soliders calling themselves “trashbusters” clean the post’s high visibility areas daily.

“It’s a nice job keeping the post clean. You can meet a lot of folks out there working. You work with people who have been all over. A lot of times it gets hectic, but we stay on top of it pretty well,” says Sp4 Troy Harrington.

“People shouldn’t abuse the area with litter. It’s a beautiful area. Civilians traveling through post as well as dependents contribute to the litter problem.” Sp4 Kenneth Mize recommends that signs be placed for fines for littering on post. Mize also suggests neighborhood watch people take down license plate numbers when they see people littering.

“It’s not a bad job. It gets a little messy sometimes. We have good people to work with,” says Sp4 Fred Canonica.

The whole group thinks highly of their boss Sgt. James W. Kimball. Kimball says, “The group will be assisting during the fall clean-up.”

Canonica recommends people who call for pickups should give 48 hour notice. Because of appointments, generally three of the group work daily.

“We don’t handle limbs and trees. The road and ground personnel take care of them.” We’re not equipped for them,” says Pvt1 Steven Askew.



Sp4 Fred Canonica fills truck with boxes.



Sp4s Bobby Sims and Fred Canonica carry box for disposal.



Canonica empties more trash into truck.

Fall clean-up approaches

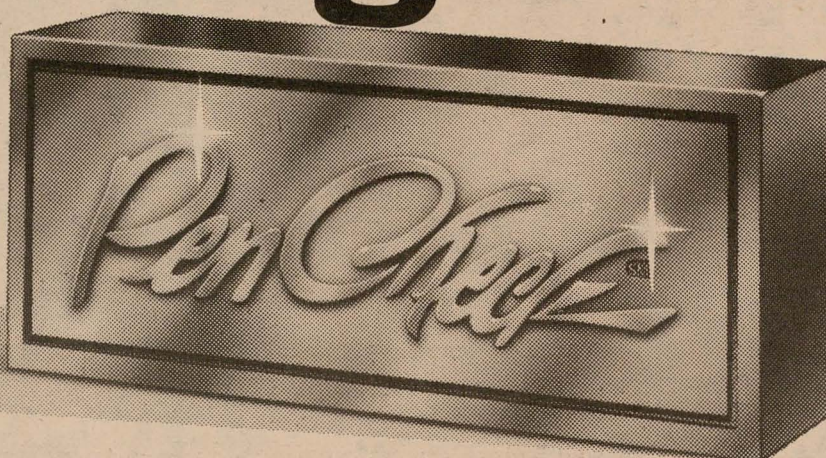
photos by Richard Wetzel



“Trashbusters Team” in action.

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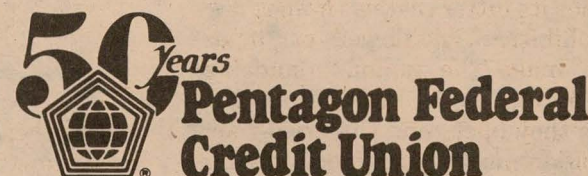
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Michael Mandelblatt
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Feature

Many plants are useful for food and medicine

by Tom Squier

In these days of space labs, lasers and voice-activated children's toys, there is a movement in the other direction—back into time—to share the knowledge the Native Americans had about using nature's bounty. Environmental groups, historians, hobbyists and even the U.S. government have all renewed efforts to find out how the Indians used plants for food, medicine and other purposes.

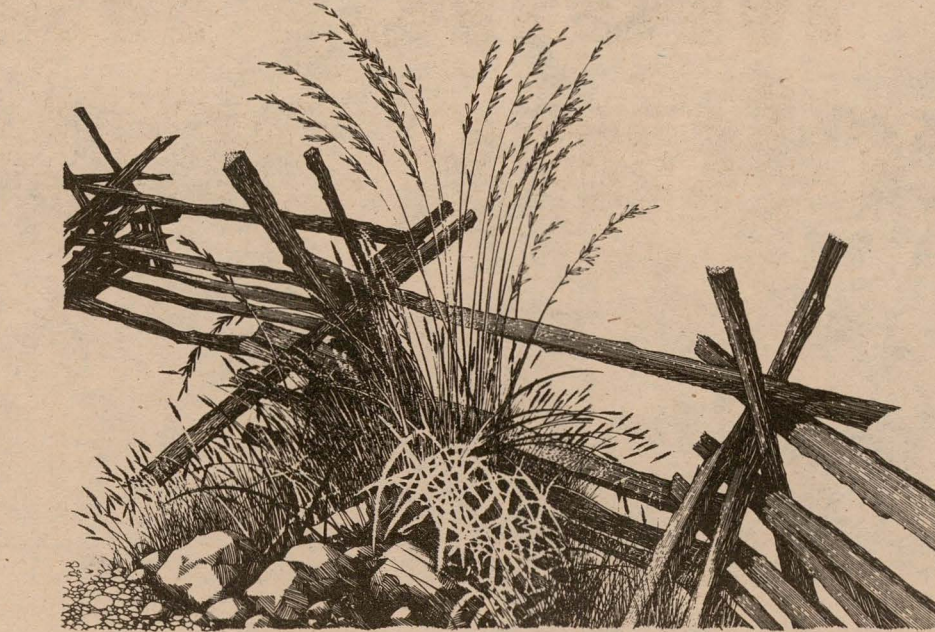
It isn't necessary to travel to some desolate swamp in Mississippi or a remote North Carolina mountain-side to share these pursuits. Right under your feet here at the Presidio are many useful plants to learn about and enjoy. There are medicinal agents, dyes, insect repellents and food just for the taking.

As evidence of this renewed interest in natural foods and medicines, take a walk through the aisles of any drugstore, grocery market or even the PX. Herb teas have been popular for years, both for health reasons and because it is "chic" in certain circles to offer them as refreshment. Now one can find herbal air fresheners, deodorants, toothpastes, medical and health formulas and food items such as salad dressings, natural spices and even herbal cigarettes.

A closer look at many weight-loss products discloses that many of the ingredients listed are scientific names for plants and not chemicals.

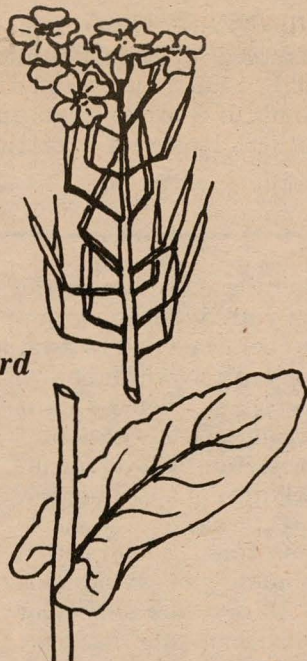
There is a newly formed group headquartered in Ohio for the furtherance of what many people consider one of the worst invaders of their yards. The Society for the Promotion of Dandelions wants people to realize how many uses there are for this "weed" so familiar to everyone. It is almost always available for use as a salad green or a potherb, though at times its bitter taste as it ages may be prohibitive. The flowers can be used to make the famous dandelion wine or dipped in batter and fried before they open, and the dried roots are sold in most health food stores as a caffeine-free coffee substitute.

Dandelion



Dandelion is well known to herbalists and is listed by the government in the U.S. Pharmacopoeia as "diuretic, tonic, stomachic, aperient and deobstruent; good for congestion of liver, spleen, dyspepsia, constipation, skin afflictions and dropsies." The fresh greens contain many vitamins and nutritive salts.

Mustard



Another weed that makes its presence known when run over by a lawnmower is the common wild onion. Aside from the culinary possibilities of french-fried onions, onion soup, salad use and as a flavoring agent for dips and meats, the wild onion provides us with many healthful benefits. The Indians rubbed crushed bulbs on the skin both as a mosquito repellent and to relieve the pain of bee and wasp stings. These bulbs are high in vitamins A, B and C as well as sulphur, iron and calcium. Scientists have synthesized agents that verify the use of onion bulbs by Indians for earache, toothache and urinary complaints.

Often found in close proximity to the onion are various clovers. White clover is widespread and easily recognized. Its leaves and flowers have many uses, including use as a

potherb, in a tea and as a poultice to heal sores. The seeds and flowers have been used as a bread food in times of famine. Sprouted clover seeds, like alfalfa sprouts, are sold in markets today as a nutritious salad green.

There are easily dozens of plants to be found locally that can be used for food and medicine. A few of the more common ones are such potherbs, cooking greens and salad plants as plantain, miner's lettuce, sheep sorrel, several species of docks, various wild mustards and wild radishes.

Several species of oak acorns abound locally. Acorns may need to have their tannic acid leached out by water. They can be eaten as is, ground into flour or roasted and used as a coffee substitute.

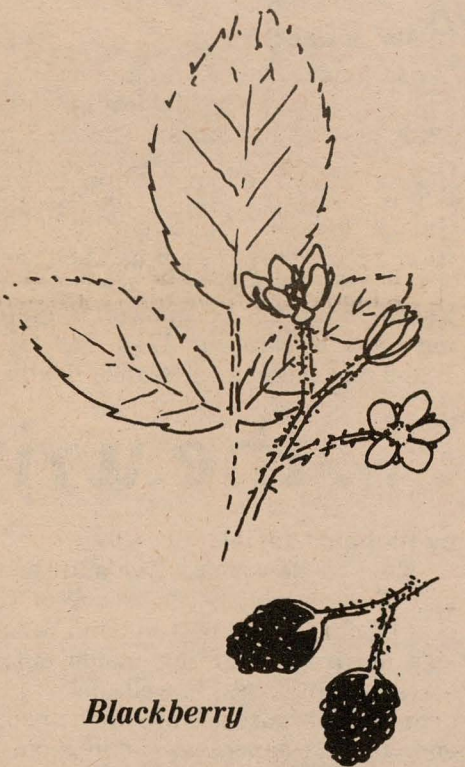
There's dessert out there for the taking, too: wild blackberries and strawberries, rose hips, crabapples and cactus fruits—the last even being sold in store as "Indian figs." They can be eaten fresh, cooked or made into jam.

A tea made from the bark of the beautiful magnolia has been used in helping people to stop smoking.

Seen in lawns and on trees all around are mushrooms, which have

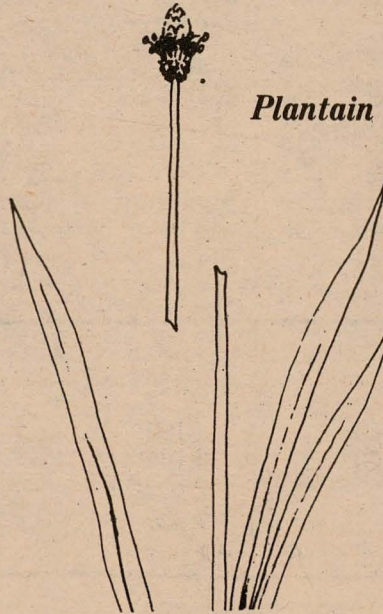
been left unmentioned until now because there are so many poisonous varieties. These tempting morsels are best left alone except by experts. It is said that there are old mushroom hunters and bold mushroom hunters, but there are no old, bold mushroom hunters.

A few other common sense rules for gathering your own wild foods and herbs include not picking plants along highways, where they may be contaminated by automobile exhaust hydrocarbons; avoiding places that may be treated with chemical herbicides and even fertilizer in some cases; and of course not gathering your greens where protected or on other people's property. Last but certainly not least, make certain you know what you have before you use



Blackberry

Plantain



You can learn from any of several good plant identification guides, provided your early uncertainties are confirmed by someone who knows. Knowledgeable sources include plant nurseries, schools, scout groups and gardening and conservation clubs. A good wild food guide will tell you how to differentiate your plants; how to harvest, store and prepare them; and when and where to look for them.

When starting out, it is a good idea to learn to identify the poisonous and dangerous plants first, because there are so few of them compared to the number of edible and medicinal plants.

Foraging for wild plants is fun, educational, economical and pleasant exercise. Good hunting!

Editor's note: SSG Tom Squier is a Native American and a Special Forces survival instructor who is currently studying Spanish at the Defense Language Institute at the Presidio of Monterey.

Community Calendar

Rec Center News

The Second PC Faire will be held at the Civic Auditorium and Brooks Hall October 25th through the 28th. The discounted admission price is \$12.25 and is valid for all four days of the Faire. This discounted price offers a savings of \$5.75. Tickets may be purchased at the Rec Ctr ITT Office located in bldg. 385. Hours of operation are: 11:30 to 1:00 p.m. and 2:00 to 5:30 p.m., Monday through Friday.

Take time out for a tour

(1) Napa Wine Tour, Sat. Oct. 27, 10 a.m.-5 p.m. cost, \$5; (2) Great America Halloween Tour, Wed. Oct. 31, 4 p.m.-10 p.m. cost \$15; (3) Angel Island Picnic Tour, Sun. Nov. 4, 9 a.m.-5 p.m. \$5; (4) Pt. Reyes, Muir Woods, Pelican Inn Tour, Sat. Nov. 17, 10 a.m.-5 p.m., cost \$5. (bargain); (5) A.M. San Francisco T.V. Show Trip, Fri. Nov. 23, 9 a.m.-noon, \$3. Sign-up for all tours at the ITT office bldg. 385, PH: 561-3992.

New Classes

Ballroom Dance, Mon. Oct. 15, 7:30-9:30 p.m. at the Log Cabin, bldg. 1299, cost \$3; (2) Adult, Tap, Ballet class, Thu. Oct 18, 7-9 p.m., at the Log Cabin, cost \$24 a month; (3) Guitar lessons, Tuesdays in Oct, noon-3 p.m., cost \$10 per half hour for a private lesson or \$10 hour group lesson, minimum 3 people; (4) Beginning Cake Decorating, Wed. Oct. 17, 7:30-9 p.m. 4 sessions, \$25; (5) Bridge,



Bugler's Dream

Sixth Army Band performs "Olympic Theme."

photo by Hank Kindell

Bid Whist lessons, meet at the Recreation Center, Thur. Nov. 15, 7 p.m., Instructor, Ophelia Hilton, classes are free.

Special Events:

- Volksmarch III, Sun. Oct. 14, 9 a.m.-4 p.m. Pre-registration is \$4 for patch and IVV stamp. Late registration after Oct. 9 is \$5. Obtain your registration forms from either ITT of-

fice, bldg. 385 or the Recreation Center bldg. 1331 during regular operating hours. Volksmarching is a popular sport in Europe, here at the Presidio you will enjoy scenery, music, and food in the German spirit, so join us at the rustic Log Cabin for fun.

- Flea Market, Sat. Oct. 20, 9 a.m.-3 p.m. at the Community Center bldg 1299 (Log Cabin). Tables are \$5, limit of 2 tables, sign up at the ITT office. Hours of operation are: Sun-

Thu & holidays, 2 p.m.-9 p.m., Fri. & Sat., 2 p.m.-10 p.m. For additional information please call the Recreation Center at 561-2000 after 2 p.m.

Education Center

If you thought it was too late to take a college course this fall, the Education Center has good news for you! This is your chance to attend a course on post and finish before Christmas.

Our very popular Certificate Program in Supervisory Practices continues with **Accounting for Supervisors**, which will be conducted by City College of San Francisco from Oct. 17 - Dec 17 on Monday and Wednesday, 6-8 p.m. Cost is \$10 for California residents and military or family members stationed here after August 15, 1983.

San Francisco State University will offer four courses at a cost of \$195 each, although most soldiers qualify for Army Tuition Assistance. **Psychology of Personal Development** meets Monday and Wednesday, 6-9 p.m. starting Oct. 15. A beginning speech class, **Fundamentals of Oral Communication**, starts Oct. 22 and also meets on Monday and Wednesday 6-9 p.m. **History of Western Civilization** meets on Tuesday and Thursday, 6-9 p.m. beginning Oct. 23. At LAMC, **Introduction to Psychological Statistics** will be held from 5-7:45 p.m. on Tuesday and Thursday starting Oct. 23.

For further information on any of these classes, call the LAMC Ed Ctr., 561-4030, or Ft. Scott Ed Ctr., 561-2974. Better yet, come in and register!

... the write stuff ...

by Richard Wetzel

Next to New Years Eve and the Gay Freedom Day Parade, Halloween is one of those holidays that brings out the best in San Francisco.....an upside down city turning inside out; exposing all sorts of.....ugliness?....well, let's just say some demons and fantasies are unchained for the weekend. It's an experience in illusion, romance and nightmare, regardless of whether you're one of the masked participants or a starry-eyed observer...In keeping with the theme and San Francisco tradition, 'lo and behold, the EXOTIC EROTIC BALL, a Halloween extravaganza, Oct. 27, 8 p.m. to the wee morning hours of 2. Scheduled performers include *BIG CITY*, *THE LOOTERS*, and *MOJO*. With a \$1,000 costume contest and non-stop rock and roll dancing, this is one party you might not want to miss....

Open public Halloween party's are great if you like your spooks to be traditional and organized; private party's add a touch of personalism and originality but a spontaneous "find a party" can make your tricks and your treats just that more thrilling. ...And where do you "find a party"...Anywhere you and your other ghoulish cohorts end up.....

It's one thing to get bit by a mosquito in the stillness of the night, while you lay sleeping and drifting on a dream, only to be awakened to swat your thigh....It's something entirely different to purposely let one land on you and then watch it suck blood.....your blood....But that's what some crazy visitors to the Exploritorium will do Saturday and Sunday Oct. 20 & 21, during a lookback at the 1915 Panama Pacific International Exposition, a celebration commemorating the completion of the Panama Canal and rebuilding of earthquake-demolished San Francisco. During one particular demonstration, visitors may look at the mosquitoes and flies, the source of diseases such as yellow fever and malaria, that almost prohibited the construction of the canal. On display will be live, biting mosquitoes in their various stages of development: eggs, larve and adult. And then, for those who wish, may be bitten by the mosquitoes to observe the process of its filling underbelly with blood.

....OK....

One can only hope that Neil Young "Sugar Mountain," "Heart of Gold," "Like a Hurricane" will bring both accoustic and electric guitars to the Berkeley Greek Theatre, Oct. 26 *WALLS OF*

VOODOO, *HOODOO GURUS* and *MONKEY RHYTHM* will play the Stone, 415 Broadway, tomorrow night...*The I-THREES*, with Rita Marley, Judy Mowett and Marcia Griffiths and special guest *The Wailers*, play special tribute to Bob Marley Nov. 2 at the San Francisco Civic Auditorium.... *MILL VALLEY JAZZ FESTIVAL*, tomorrow and Sunday featuring *BEBOB* and *BEYOND* and *EDDIE DURAN*, at the Tam High Amphitheater, Mill Valley.... yeeeeeeeeeeeeHaaaaaaaH.... Country rockers *ALABAMA*, with *JUICE NEWTON* and *BILL MEDLEY* take the stage at the Oakland Coliseum Nov. 11....

The Second Personal Computer Faire will be held at the Civic Auditorium and Brooks Hall Oct. 25 through the 28th. The discounted price is \$12.25 and is valid for all four days. Tickets may be purchased at the Rec Center's ITT Office, bldg. 385.

It could happen next month, maybe next week, perhaps tomorrow and even possibly, in the next five minutes, but you can bet the rent that it's gonna happen...RAIN!...Yes, folks, we may be entering the last days sunshine, water sprinklers and nude sunbathers on the beach...Enjoy while you can.....

At the movies

Presidio Theater

Oct. 13 - The Neverending Story (PG)	7 p.m.
Oct. 14 - The Neverending Story (PG)	2 p.m.
Oct. 14 - The Woman in Red (PG)	7 p.m.
Oct. 15 - The Woman in Red (PG)	7 p.m.
Oct. 16 - Streets of Fire (PG)	7 p.m.

Oct. 17 - Flashpoint (R)	7 p.m.
Oct. 18 - Conan the Destroyer (PG)	7 p.m.
Oct. 19 - Conan the Destroyer (PG)	7 p.m.

Schwartz Theater

Oct. 15 - The Neverending Story (PG)	7 p.m.
Oct. 17 - The Woman in Red (PG)	7 p.m.
Oct. 18 - Flashpoint (R)	7 p.m.

Sports

Men's and women's basketball

The men's and women's Post basketball try-outs and practices are underway. The men's team is coached by Bob Mabrey (LCA). He has 20 individuals trying out for a spot on the team. Top returnees from last year's team are Elvis Williams and Timothy Peterson (Co. D, 864th), Randy Russell, (USAG), Musfield Kimbro (USAIG), Billy Ruffin (LAMC) and DAC employees Anthony Howard, Dennis Porter and Oscar Hines. Practice sessions are being held at Post Gym no. 1, Bldg. 63, from 5 to 7 p.m., Mon. through Thurs. with games schedule for Fridays, Saturdays and Sundays. Assistant coaches are William Ray (DEH) and John Malone (USAG).

The Post women's team is coached by Selene McNairy. She has 12 individuals competing for the five starting positions. 1984 All-Army basketball candidate Queen Risher (INSCOM), is the top returnee from last year's team. Her skills will make her one of the leaders of the court.

Workouts are held 5 to 7 p.m., Monday through Friday and then 9 a.m. to 12 noon Saturdays at Gym no. 2, Bldg. 1152. Coach McNairy believes in conditioning with a lot of running and jumping.

The Presidians are on the right track for a successful season, as they won their opening game by defeating Travis AFB 65-45. The Presidio team gained an early lead of 19-9. It seemed like an easy victory for the Presidio women until Travis rallied to come back within two points before the half ended, 29-27.

In the second half, Presidio scored ten unanswered points and Travis never recovered and started committing fouls. The Presidio women continued to add points to their score, blowing by Travis 65-45. Top players for the Presidio team were Lynn Booker, 18 points, 10 rebounds and 9 assists; followed by Paulette Brown, 14 points and 5 assists;

Queen Risher, 13 points, 5 assists and 2 rebounds; and Debra Haile, 10 points, 3 assists and 4 rebounds.

The Presidio women were in excellent form. "After all, with six weeks of hard training, six days a week, what do you expect?" smiled coach McNairy. The ladies will play their next game at Beale AFB on Oct. 26 at 6 p.m. and Oct. 27 starting at noon. Come on out and support your team!

Intramural flag football

864th Engineers remain the only undefeated team in the Presidio Intramural Flag Football League by running over H Co., DLI, 22 to 14. To keep their slate clean, the Engineers will have to battle Oakland Army Base, a team looking for an upset on Oct. 18 at 6 p.m. and defending Post champions, Corps of Engineers, a team needing a victory to gain a spot on the Post championship play-off scheduled to start on Oct. 29. The Corps of Engineers will play 864th Engineers on Oct. 22 at 7 p.m. The top four teams in league play will win a berth in the Post championships.

Standings as of Oct. 5

	Won	Lost
864th Engr.	4	0
USAG	5	1
OARB	4	1
H Co., DLI	3	2
Corps of Engr.	3	3
LEC	2	3
6th Army	2	4
LAMC	1	4
USAISC	1	7

Final league schedule

Oct. 15

6 p.m.; LEC vs. 6th Army
7 p.m.; H Co., DLI vs. OARB

Oct. 16

6 p.m.; Corps of Engr. vs. LAMC
7 p.m.; 864th Engr. vs. LEC

Oct. 18

6 p.m.; OARB vs. 864th Engr.
7 p.m.; LEC vs. H Co., DLI

Oct. 22

6 p.m.; USAG vs. 6th Army
7 p.m.; 864th Engr. vs. Corps of Engr.

Thanksgiving turkey golf shoot

The annual Thanksgiving Turkey Golf Shoot Tournament will be on Thursday, November 15, at the Presidio Golf Course. Tee off times will be between 8 and 9:30 a.m. Soldiers assigned or attached to the Presidio of San Francisco are eligible to participate in the tournament. There will be four divisions, Open Senior (40-years plus) Callaway and Women. The Callaway division is for golfers who do not have an established handicap at the Presidio Army Golf Club.

Awards (turkeys) will be presented to the top finishers in each division.

For sign-up or information, call the Sports Branch office, bldg. 63 at 561-4120/5032.

Youth activities classes

The following YA classes now being offered:

Jazz Dance:

Ages 6 through 10 will meet on Mondays and Wednesdays from 4:30 to 5:30 p.m. Ages 11 through 16 will meet on the same days from 5:30 to 6:30 p.m. Lessons will be at the Log Cabin, and will cost \$30 per month.

Balroom Dance:

For youngsters of all ages. Will meet every Monday evening from 7 to 9 p.m. at the Log Cabin. Cost will be \$30 per month.

Tap Dance and Movement Class:

Ages 6 through 9 will meet on Wednesdays from 4 to 5 p.m. Ages 13 and up will meet on Wednesdays from 5 to 6 p.m. Ages 10 to 12 will meet every Friday from 4 to 5 p.m. Classes will be held in bldg. 1390, behind the Ft. Scott Chapel. Fee will be \$25 per month.



Aerobics classes

Join anytime! Register with instructor at class. Open to all ages, all levels of fitness, both men and women. Call 561-5120 or 381-3382, for more information.

Jimmy the Freak

Hey! I seem to do much better with my predictions when I limit myself to several games a week. I would have been perfect if Dallas hadn't rolled over and imitated a group of New England whales and died on the beach, and Cleveland hadn't outsmelled both the above-mentioned whales and the Patriots. At least the Browns covered the spread. It's a good thing I don't really bet on games, because the boys in the black suits and white ties (and I do not mean Mr. George) would not take to my accuracy too kindly. Besides, I don't need more enemies - I have enough in my office and at home!

San Francisco 27 - Pittsburgh 16

I believe that the 49ers have to lose a couple of games this year. It won't be this weekend, however. The Steelers have a really tough defense, so I look for a few of those nagging injuries that the Niners are becoming famous for. The Pittsburgh offense is only offensive to the smell... they just will not be able to outscore Montana and Company.

Los Angeles Raiders 31 - Minnesota 20

Gag me with a shovel! I hate, hate, hate having to pick the stupid Raiders to win. But remember,

this is the same Vikings team that lost to Tampa Bay and its bumbling coach. John McKay is wrapped so loose, that his cover keeps falling off. Sic 'em, Al, King of the Wetheads!

Seattle 34 - Buffalo 14

The Bills have as much chance of beating the Seahawks as their city has in making the Love Canal a luxury resort. The only pleasure viewers will have will be to watch Franco Harris imitate a drunk in an earthquake and fall down for about 10 yards on 20 carries. The man couldn't carry Jimmy Brown's athletic supporter.

New York Giants 26 - Atlanta 24

The Falcons are vulnerable to the forward pass. Phil Simms is the only thing going for the Giants, so I look for a big day day for him - say 350 yards passing, with just enough points to offset Bartkowski and crew.

San Diego 28 - Kansas City 20

If the Chiefs play like they did against the Browns and get a load of sacks, they can win this game. If they play like they did against the Jets - well, they can call a cab. Winslow gets at least 10 receptions....

Washington 27 - Dallas 23

I don't particularly like the Redskins. I think they have been over-rated for years. But they are on a roll, and the Cowboys have been playing like cow chips. Four points for the home field advantage.

New Orleans 23 - Los Angeles Rams 17

The Rams just aren't good enough with Jeff Kemp at quarterback. I look for a good game from the Saints' defense, who will "key" on Eric Dickerson, the only threat that the Rams have. Richard Todd should throw one less interception, which will be the difference.

Chicago 30 - St. Louis 24

This is a really tough game to call. It will be Payton's running against Lomax' passing. I look for the difference to be the Bears' defense, which has allowed the least amount of points in the NFC.

Upset of the Week

Cincinnati 27 - New England 21

The Boston Bozos almost gave it away last week in Cleveland. Now that the Bengals know what it's like to win, look for them to support the Boomer (Esiason) for a convincing victory.



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Vol. 27, No. 41

"Published in the interest of the people of the Presidio of San Francisco."

October 19, 1984

News briefs

Health benefits

Recently the Office of Personnel Management announced open season for health benefits for civilian employees, to be effective November 5 through December 7, 1984.

If you are otherwise eligible and wish to enroll or change your current enrollment, you should do so during the November 5-December 7 time period. If you decide to change, you should submit a Health Registration Form, SF 2809, to the Civilian Personnel Office by close of business on December 7. Brochures for the plans will be available for review at the reception desk, located in bldg. 37, or you may call your servicing personnel clerk if you are working in a duty location other than the Presidio.

Influenza immunization

Annual influenza immunizations will be available for all active duty & DoD civilian personnel assigned to 6th US Army & Post, PSF, on Oct. 25, 8 a.m. - 4 p.m. in bldg. 35 (conference room). Commanders are reminded that annual influenza immunization is mandatory for active duty personnel IAW AR40-562. This is an excellent opportunity for troops to be immunized, with minimum time loss from duty section. Commanders are urged to have their personnel immunized during these hours. POC is Sp5 Maree, 561-4311.

Volunteers needed

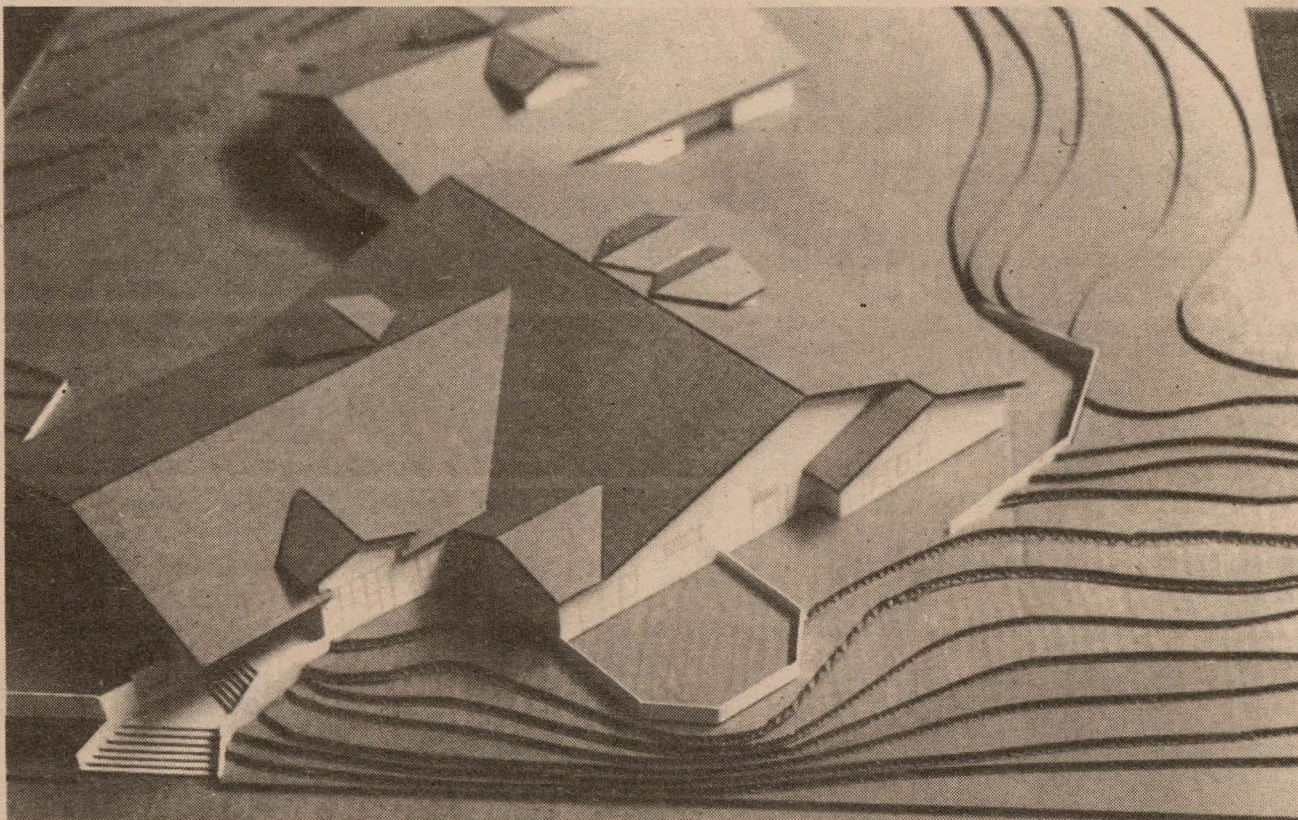
Fort Point National Historic Site is seeking volunteers to help with the site's visitor services and history program. Volunteers at Fort Point can get involved in many areas which will take advantage of their talents.

Volunteer experience and help is needed in the areas of photography, life illustrations, working with school groups, community outreach, and off site history presentations. Volunteers with desired skills can gain valuable experience while working in a National Historic Site. An added plus is, volunteer hours are tax deductible.

You can put your skills and leisure time to good use by calling Fort Point and asking about **The Volunteer in Parks Program**. Call 556-1693 and ask for Robert E. Lee or Charles Hawkins. Call now, you'll be glad you did.

Testing schedule

The Ft. Scott Education Center has added afternoon hours to its testing schedule. Soldiers may take exams, subject to counselor approval, for college entrance, college credit, basic skills, or career interest or aptitude on Monday, Wednesday, Thursday, and Friday from 8 a.m. to noon or Tuesday from 12:15 to 4:15 p.m.



U.S. Army photo by Richard Wetzel

This model shows the proposed look for the new Presidio Child Care Center which will be located on the corner of Sumner and McArthur avenues.

New construction begins next year

by J. Alan Edmonds, Jr.

A beautiful landmark is about to become even more beautiful.

Beginning in the early part of 1985 several new construction projects will be springing up all over post. These include a new commissary, barracks for United States Army Garrison (USAG) and Letterman Army Medical Center (LAMC) personnel, a new child development center, a new post office and a new bowling center.

"A portion of the commissary warehouse, the Self-Help Center and building 274 (currently a storage facility) will be torn down to make room for our new USAG barracks project," says David Warner, a master planning specialist with the Master Planning Branch of the Directorate of Engineering and Housing (DEH). "This will occur sometime in the spring (of '85). Most of the existing motor pool will be torn down to make room for the new commissary. Once the new commissary is completed the old commissary will be completely demolished," Warner continues.

According to Warner, all buildings between the post cafeteria and post headquarters (a total of five) will be torn down with the exception of the Community Reenlistment Center building. Plans call for the existing parking lot in this area to be expanded. "It's possible that we may site some structure there but nothing is planned yet," Warner elaborates.

The Outdoor Recreation Center (building 92) will be torn down in order that a new bowling center may be built. As with the commissary, once the new project is completed the old building will be demolished.

"These are the only constructions scheduled for next year that involve major demolition. We have a barracks plan for LAMC but it is on an open site between Thompson Hall and the Military Clothing Sales Store and does not involve demolition," Warner says.

He adds, "Also this year a new post office will be built between Old and New Mason Streets west of the Post Exchange. This is also an open site and will require no demolition prior to beginning construction."

The new Child Development Center will be located on the corner of McArthur and Sumner Avenues near a set of Officer Family Housing quarters. The new structure will be 30 percent larger with an increased capacity to hold 250 children. "The new building is designed to accommodate those individuals who were previously on waiting lists," Warner explains.

Three additional projects are also in the works for fiscal year '85. A new road project will bring about the expansion and connection of the Battery Caulfield Road with the former Public Health Service Hospital area. Building 102 is scheduled to be converted into the new Finance and Accounting Office headquarters and the southern half of building 104 will be converted to the Civilian Personnel Office. The Public Affairs Office and the Safety Office will also be housed in this building.

Warner says that all of these projects are expected to break ground in FY '85.

Inherent with the new construction will be improvements designed to make life more comfortable for the Presidian community. The new USAG barracks have been designed for 351 soldiers and will include on its grounds a dining facility, operations and supply offices. The project to be located on Mason Street in the general area currently occupied by the Self-Help Center, will consist of twin three-story buildings with red-tiled roofs. The dining facility, housed in a separate building, will be located on the west end of the site.

The new LAMC barracks are designed to accommodate 188 soldiers and will not include its own dining facility or operations and supply offices. Existing dining facilities, operations and supply

Please see page 3

Opinions

Halloween Tips



Halloween is a festive and fun time of the year for kids, but sometimes the fun turns to cruel tricks—like when people tamper with kids' treats. Take a tip from McGruff the Crime Dog and the Presidio Provost Marshal Office. Here are 10 things you can do to protect your children and make Halloween a safer and happier time for everyone.

1. Make sure children are accompanied by an adult or responsible teenager when they go door-to-door. Adults can provide valuable services assisting and supervising trick-or-treat activities.

2. Instruct children never to eat anything until they are home and the treats have been examined. Cut and wash fruit before eating. Throw away

anything wrapped. The best way to make sure temptation does not get the best of your children before they get home is to give them several of their favorite treats to take trick-or-treating with them.

3. Check the wrappers of commercial treats for signs of tampering.

4. Call the Military Police if there are any suspicious treats. They have a toll-free hotline they can call to answer any of your questions on tampering.

5. Make sure children's costumes fit and they can see well. Ensure materials are fireproof and reflective.

6. Tell your children to trick-or-treat in their own neighborhood and in well lighted streets.

7. If children are going to be out

after dark, make sure they carry a flashlight.

8. Teach your children to use the sidewalks if they can. If there are no sidewalks, walk on the left side of the street facing cars.

9. Know which friends your children will be with and which route they are taking.

10. As for trick-or-treaters at your own home, have a good supply of treats, keep your house well lighted and attended, and be friendly towards the trick-or-treaters.

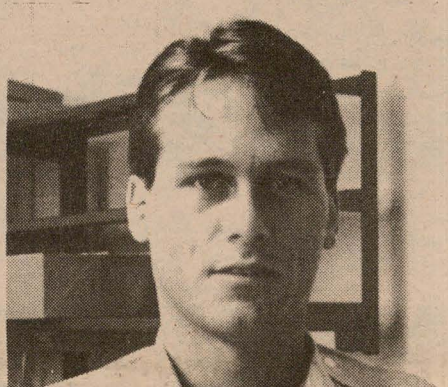
A good idea is to have a Halloween Party in your home for all the neighborhood kids. Listen and watch for signs of vandalism. Report suspicious activity to the Military Police at 561-2251/2252. Have fun and help us to have a safe Halloween.

Ramblin' Sam

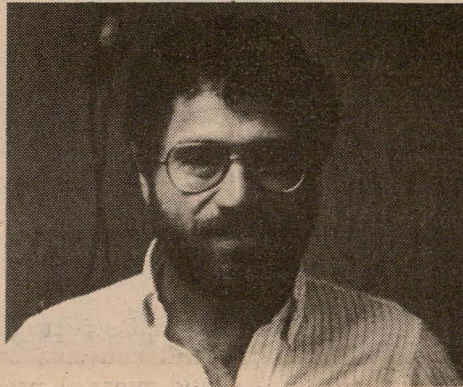
"Which regulation bothers you most?"



JUDY HANSEN, Clerk Typist, DEH—“The regulation for following your chain of command. For the issuance of information from the military community to the civilian community it takes too darn long. I'm not even sure there is a regulation governing the chain-of-command and its performance but if there is the military could give more direct responses—right to the people of individuals concerned.”



SPEC. 4 RICHARD WETZEL, photojournalist, PAO—“The regulation concerning haircuts and beards. A neat appearance is important but I'm not going to be a better soldier just because my hair doesn't touch my ears. Also the regulation concerning hands in the pockets—after all, what are pockets for? if not for my hands.”



RICH MARION, electronics branch chief, USAISC—“I feel that Army personnel should be allowed to grow neat beards because I feel it adds more character and diversification to the Army appearance. It allows for more freedom of choice and is an incentive for reenlistment.”



SPEC. 5 MICHAEL RIFE, admin. specialist, Hqs. Cmd. Battalion—“The one that governs pay increases. I think all pay increases should be equal with civilian employees'. If the civilian pay rates go up then our should go up an equal amount. Military pay should be equivalent to the civilian market. I'm not talking strictly about federal employees but civilian employees on the whole.”

Editorial

Will the real McCoy please stand

by Steven Infanti

There are too many phony things in our society.

Take a look around you. What's real? What's an imitation? It gets hard to tell.

Air conditioners are the phoniest things around. Take a deep breath of the air that comes out of an air conditioner. It doesn't smell like normal air. The air that comes out of those conditioners is too cool and smells stale.

Regular air is dirty. It's air that you can sink your teeth into. Sometimes, I can even see the air that I'm breathing or cut a block of air out of the sky with a knife. Real air isn't

cool and stale. It's filled with dirt, grime, exhaust fumes and other forms of pollution. But that's real. Dirty air is part of life.

Commercials are not true to life. They're phonier than a three-dollar bill.

Take a look at all the ridiculous events that happen in commercials.

I don't believe that ladies go to a party and sit around talking about feminine protection. I don't believe that a waitress keeps one brand of paper towels and another leading brand to compare which one works best. Nor do I believe that a laundry detergent is going to improve my position in life.

Commercials are designed to sell. They do so by appealing to basic human emotions. But the people who put them together count on an element of stupidity by the viewer. The viewer must be dumb enough to buy the whole scenario that's presented.

Here's a small test to see if you've been swept away by the phony examples of life that television commercials present:

A. A perfect stranger walks up to you and says, “You have ring around the collar.” Would you stand there and say, “Oh those dirty stains,” or punch him out?

B. Would you let your children dress the way those little youngsters

do in the Michael Jackson Pepsi commercials and be seen in public?

C. Do you really believe alien invaders are raiding soda machines around the country?

D. Do you honestly think that blue jeans are all you need to get girls?

E. Have you tried to smash your skull in because you have had a different drink?

The correct answers are: A. punch him out, B. no, C. no, D. no, E. no.

If you answered all these questions correctly you're normal. If you missed one there's still hope. If you

Please see page 3

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answered two of the questions wrong, consult a doctor.

Foods are phony. Take a look at all the additives in a simple candy bar: milk chocolate, sugar, peanuts, corn starch, corn syrup, gum acacia, artificial colors (includes FD&C Yellow No. 5), dextrin, cocoa butter, lecithin, salt, artificial flavors.

My mother makes candy all the time. I've never seen her add lecithin or FD&C Yellow No. 5. That stuff sounds radioactive. Take my advice—keep away from it.

Hot dogs are so filled with dyes and additives it's disgusting. They even contain 10 percent ground bone. Bones—yuk, yeech—and the manufacturers wanted to pass it off as calcium when they listed the ingredients.

It's a good thing there's a Food and Drug Administration.

Try a neat experiment with a little

wiener one day. Soak it in water for about two days. The hot dog turns from a neat shade of pink to white once all the phony dyes wash away.

Every time you eat a hot dog you're actually eating an albino wiener in disguise.

Let's get rid of all these imitations of the real thing—all the fakes, frauds and phonies that run rampant in our lives.

We don't need artificial foods, phony commercials or genuine imitations or anything. Items should be 100 percent real—they shouldn't sound, feel or look almost as good as the "real thing."

C'mon gang, let's get back to basics.

(Editor's note: Steven Infanti is a reporter for *The Cannoneer*, Fort Sill, Oklahoma)

Construction continued from page 1

ly offices will serve the twin LAMC barracks.

Standard for the barracks projects will be shared bathrooms between every two rooms, access to cable TV and telephone services and adequate parking in areas adjacent to buildings. Another plus for the soldiers is that they will be housed in modern buildings close to their work assignments.

For the first time ever, the commissary warehousing retail and administrative offices will be located under one roof. The 90,000 square foot structure will be larger than the existing commissary.

The new child development center will feature separate sections for full-day, half-day and children on hourly schedules. This also includes separate play areas for these children.

The length of time it takes to complete each of these projects depends upon the complexity of the construction involved. Approximations for completion of these projects range from two years for the barracks structures, a year and a half for the commissary to one year for the child development center. "We hope to have the new post office in operation by next year's Christmas season since that is the busiest time of year for them" Warner says.

According to Warner, funds for these projects come from different agencies and are dependent upon exactly what type of construction is being done. "The U.S. Postal Service is

paying for the post office, the Troop Support Agency is funding the commissary, the road extension is being paid for by post operations and maintenance monies and the bowling center is funded by non-appropriated funds," Warner explains.

The new barracks and child development structures are being paid for with Military Construction, Army (MCA) funds which must be approved by Congress.

Warner says that normal post operations should not be greatly affected by the new construction. "Generally, traffic will continue to flow normally. I would guess as projects are completed, it would be somewhat disruptive as organizations move from their old buildings to the new sites," Warner points out.

He continues, "Access to the commissary will be more difficult until the new one is built since the new USAG barracks project will interfere with traffic flow and parking."

It is hard to conceive that a post as beautiful as the Presidio could be made even more so but the folks down at Master Planning are sure giving it the old college try. "Things will be continuing to change for the next five years," Warner says. "The Installation Planning Board has approved eight new MCA projects through 1991. And there are others proposed for non-appropriated funds."

Who says a good thing can't get better?

Laundering the Battle Dress Uniform

Laundering of the Cold Weather Woodland Camouflage Battle Dress Uniform, NSN: 8415-00-099-7415, per U.S. Army Support Activity, Philadelphia instructions are as follows:

For Machine Washing: Use permanent press cycle, warm water (110-120 degrees F) and mild detergent. Do not use chlorine bleach or starch. To restore water repellency rinse thoroughly until all traces of detergent are removed.

For Hand Washing: Use warm water and mild detergent, no bleach or starch. Remove detergent and detergent and water using "squeegee" action with the heel of your hand. DO NOT WRING OR TWIST. Rinse the garment and

remove the excess water in the same "squeegee" action a second time.

Drying: Operate at low heat setting (not to exceed 130 degrees F). Continue to run the dryer for 10 minutes at room temperature after the heat cycle. Garments must be removed immediately upon completion of the room temperature cycle. If no dryers are available then garments can be hung on a rust-proof hanger for the drip-drying process.

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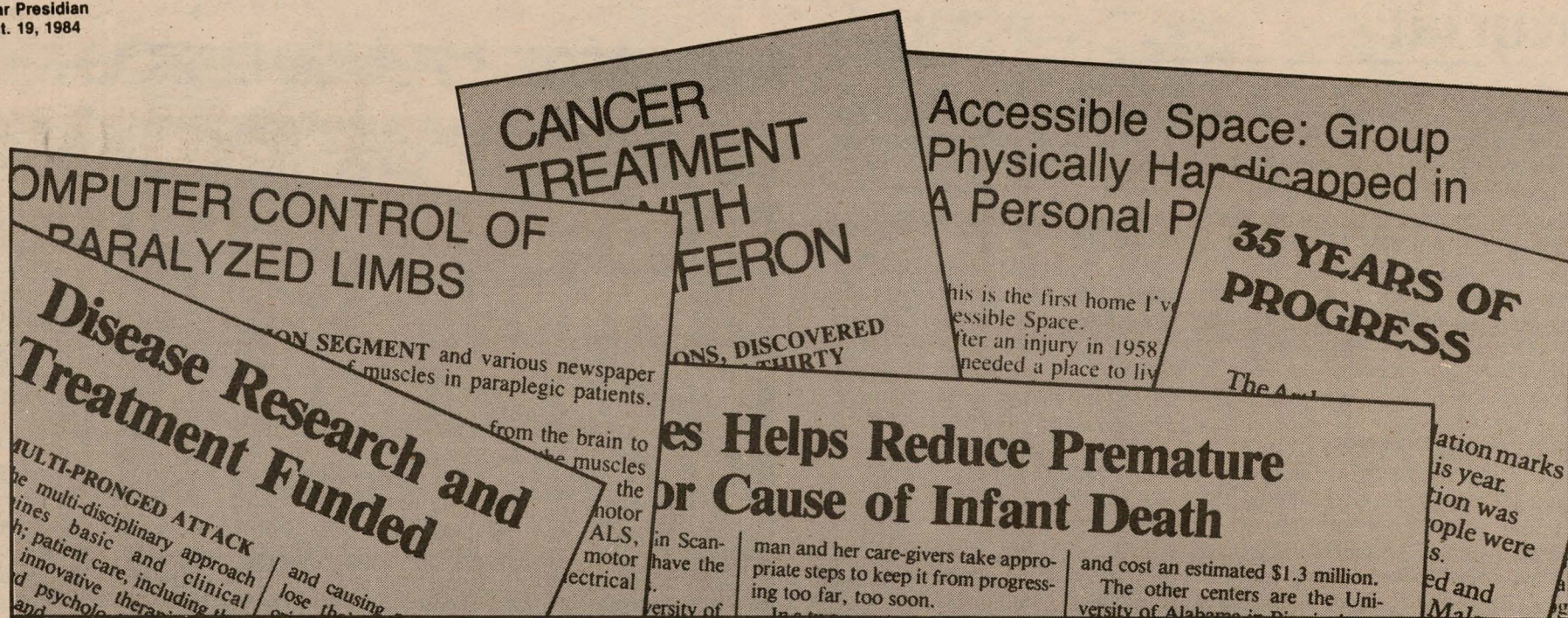
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Feature

The Army at Yorktown—ensuring freedom for the nation

by Faith Faircloth

Yorktown, a small tobacco port on the York River in Virginia, was the scene for what has become known as the "Final Act" of the American Revolution.

The stage was set in May of 1781 when British General Cornwallis moved his army into Virginia from the Carolinas, where they had left a path of destruction.

Upon receiving orders from his superiors to establish a base on the coast of Virginia, Cornwallis and his Army proceeded through the tidewater region in search of a suitable site.

He decided on Yorktown because of the deep-water York River and easy access to the Chesapeake Bay. He secured this site along with Gloucester Point on the opposite bank.

While Cornwallis' army was fortifying itself at Yorktown and Gloucester, General George Washington was in New York discussing strategies with the commander of the French Allied Land Forces, Lt. Gen. Comte De Rochambeau.

The two generals were discussing a possible attack against the British occupation in New York when word was received that the French Admiral

De Grasse and his fleet would be in the Chesapeake Bay in late August.

With movements designed to make the British think they were preparing to attack New York, the American and French troops began making their way down the continent toward Virginia. A sufficient American force was left in New York to deceive the British.

Adm. De Grasse and the French Fleet arrived in the Chesapeake Bay on schedule, but left for the ocean to confront the British fleet sent from New York when Washington's plans were discovered. After five days of maneuvering at sea and a Naval Battle with British, De Grasse returned to the bay to find that the French fleet from Newport had arrived. The British followed De Grasse back to the bay, but upon sighting the combined French fleet blocking its entrance, decided to return to New York.

At Williamsburg, the combine Armies were preparing for their March to Yorktown, where Cornwallis was withdrawing his troops from their outer line of redoubts (protective earth barriers).

On arrival at Yorktown, the American and French troops quickly took up positions (some recently evacuated by the British) and im-

mediately began work on the first parallel or line of siege positions. Under heavy British fire, the men completed the first series of trenches. The American bombardment began, and four days later British deserters brought word that many of their troops were ill and crowded together in close and uncomfortable quarters.

The completion of the second parallel was blocked by two key British redoubts. It was decided they would be taken by direct assault.

Cornwallis had moved his Army to the coast of Virginia and set up camp at Yorktown. Washington and Rochambeau, having received word of the French fleet's planned arrival in the Chesapeake Bay, had moved their combined Army to Virginia and began the siege of Yorktown.

After four days of heavy bombardment, a direct assault was planned against two key British redoubts blocking the American advancement.

On the night of Oct. 14, a select group of Continental soldiers, under the command of Alexander Hamilton, made a surprise attack on the first of the two redoubts. Both redoubts became of the second parallel by morning.

British morale declined rapidly after this attack. In desperation, Cor-

nwallis ordered his army to cross the York River to Gloucester under the cover of darkness and try to escape overland to the north. But a sudden storm prevented the small boats from ferrying his men. His fate was sealed.

On the morning of Oct. 17, a drummer appeared on a parapet of the British fortifications, followed by an officer waving a white handkerchief, all firing ceased while the British officer was blindfolded and led by an American officer to the allied camp.

He presented a note from Cornwallis proposing a cessation of hostilities for 24 hours and requesting two officers be appointed by each side to meet at Moore House, a private home in the American sector, to settle terms for the surrender of the posts of York and Gloucester.

Washington replied that in "an ardent desire to 'spare the further effusion of blood' he would consider Cornwallis' terms, but he would grant a suspension of hostilities for only two hours from the delivery of the terms.

Commissioners were appointed by each side, and terms of surrender were agreed upon by nine o'clock on the evening of Oct. 18. Preparations were made for the surrender ceremony.

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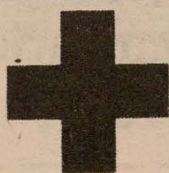
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Whether they were expecting rain, or just trying to keep warm, these two joggers gained a lot of attention from spectators.



The starting line was on Crissy Field.

photos by Richard Wetzel.

Run brings excitement to post

By Richard Wetzel

It could have been any ordinary Sunday morning marathon, starting at Crissy Field and finishing at the China Basin.

There was the usual large crowd of participants, spectators and coordinators.

There was the usual "trained" runners, the usual recreational joggers and a few first-timers.

There was the usual voices booming from bullhorns, giving the usual instructions and directions and the usual traffic cones marking the usual course.

There was the usual early morning nip in the air and the usual hustling, bustling and muscle stretching.

Yes, it could have been any ordinary marathon running through the Presidio.

Only on this particular "ordinary Sunday morning marathon", there was an *unusual* high number of participating soldiers, marines...oh, and of course, sailors, for whom the race was honored.

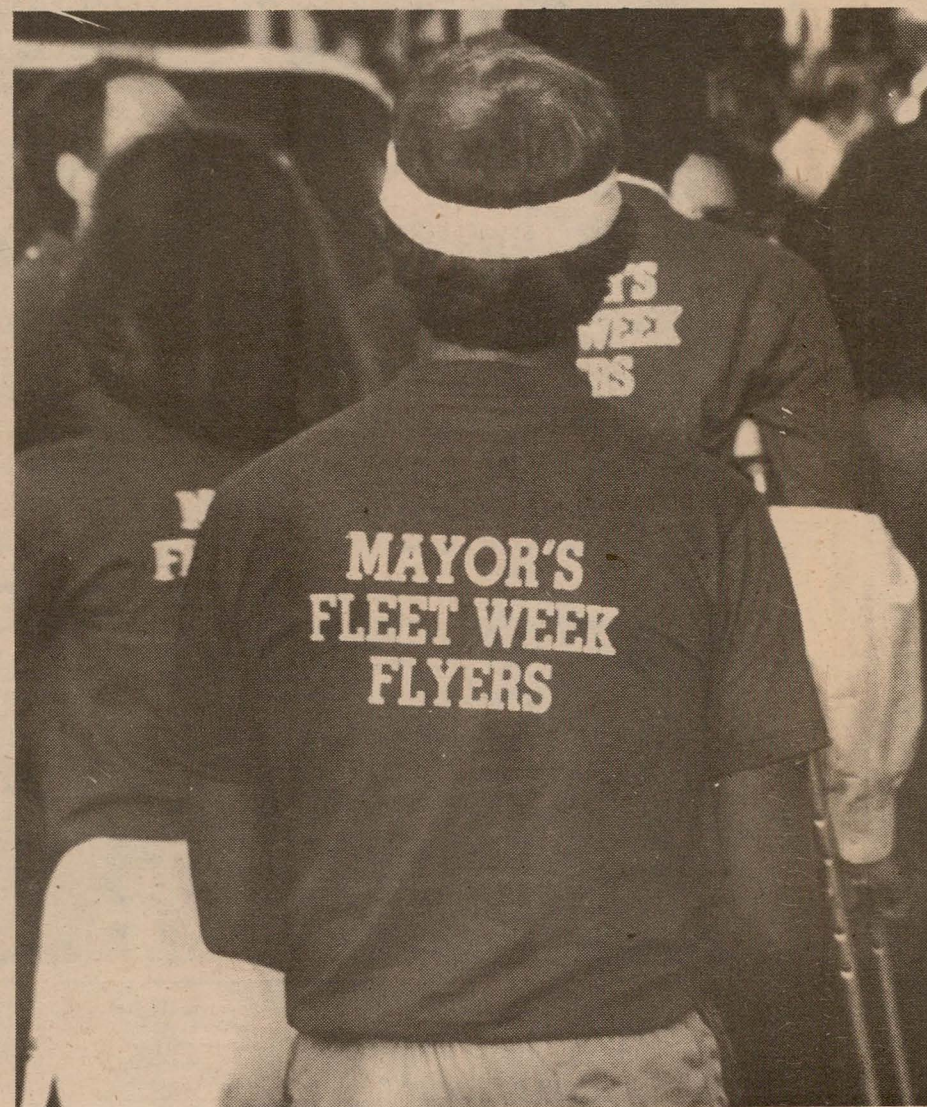
The Fleet Week Challenge 10K (6.2 miles) was 99% flat—only one hill for the runners to climb. Joggers ran along the length of the Port of San Francisco, passing by and through the Presidio, Marina Green, Fort Mason, Aquatic Park, Fisherman's Wharf, the Embarcadero and ending at the China Basin.

The aircraft carrier Constellation was docked at the finish line, Pier 50, and runners who completed the course were invited aboard for post-race refreshments.

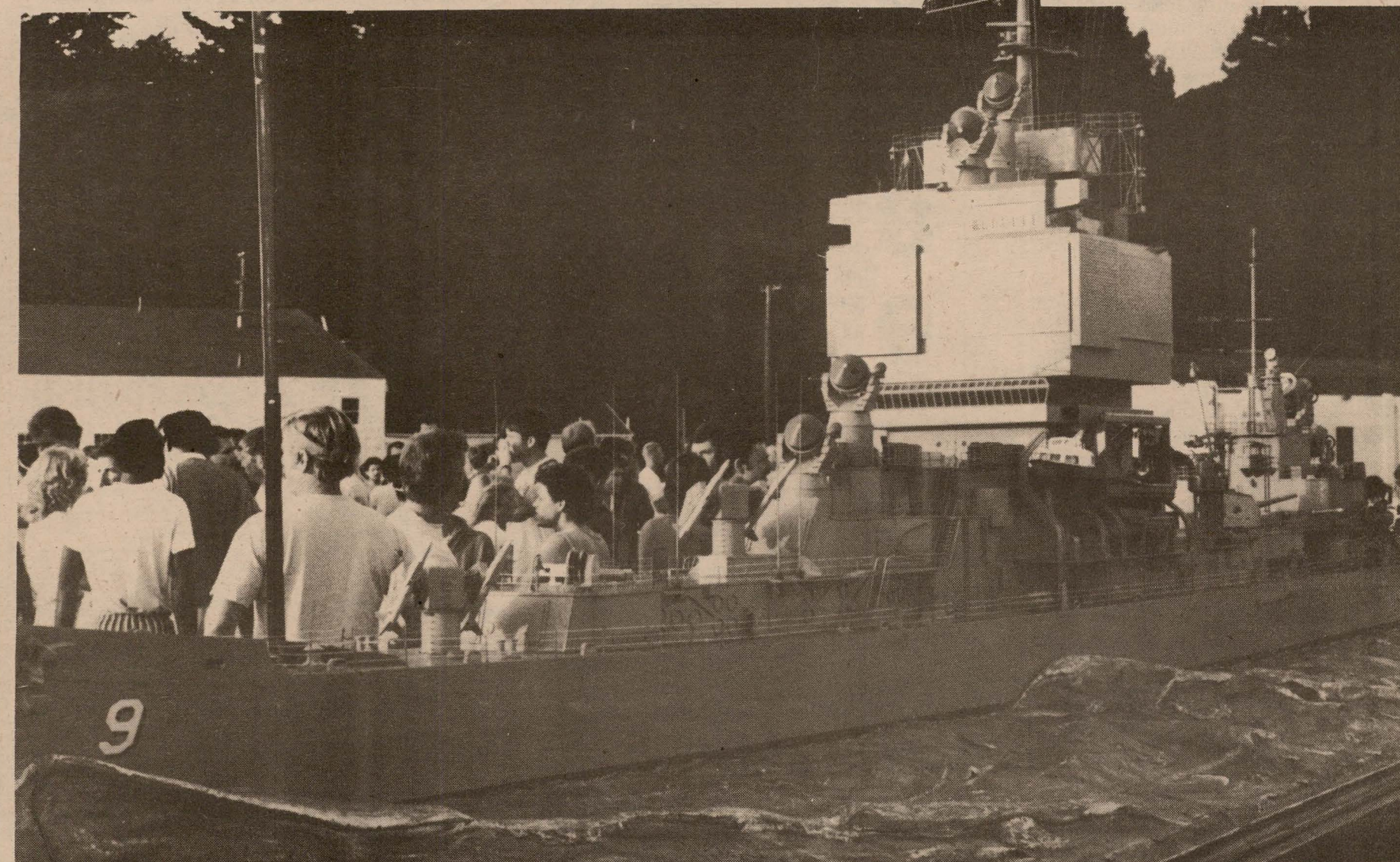
Of course, there was nothing unusual or unexpected about the winners. Robert Darling, Lon Kincannon, Reginald Humdy, David Palmiere and Richard Paitague were all members of the Presidio team.



Robert Anders wants to ensure his shoes don't fall off.



Not to be outdone by the military, the mayor had her own team participating.



A model of a ship, with miniature cannons that fired, was on display at the starting line.

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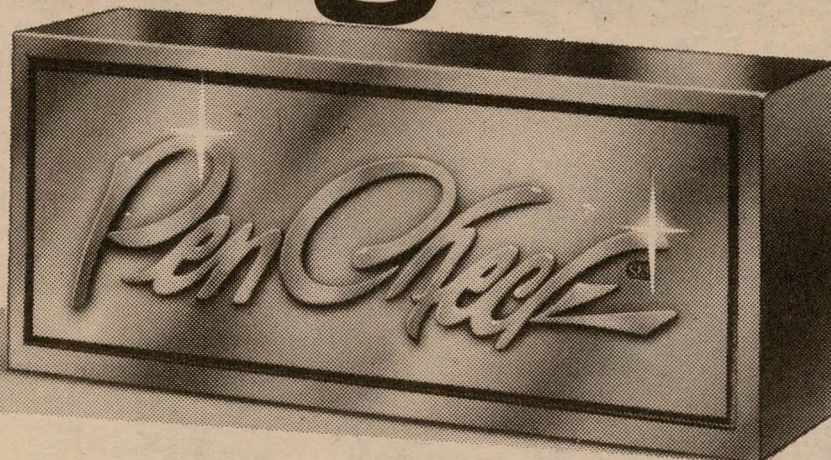
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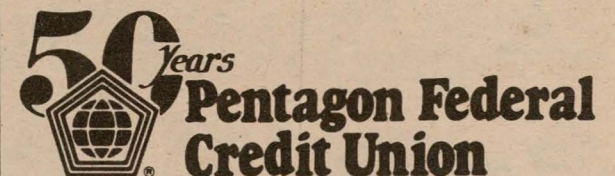
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For schedules and reservations, call your SATO travel agent or Piedmont.

Community Calendar

Toastmistress Club

The Presidiannes Toastmistress Club is sponsoring its Second Annual, Presidio-wide Tribute to Bosses on Oct. 23, 11:30 a.m.-1:00 p.m., at the Presidio Cultural Center. This year's theme is "Teamwork." Bring your boss and enjoy a program which will honor all Bosses. Box lunches of fried chicken are available for advance purchase at \$3.50 or bring your own brown-bag lunch. For tickets and information call Juanita Villalobos, X2022. All Presidio military and civilian personnel are welcome.

Flea market

The Presidio Thrift Shop will hold a Flea Market on Saturday November 3, 10 a.m. - 1 p.m. at building 204. Come on out and bring your own table. Cost is \$5 for one table. This is subject to change depending on weather conditions. For further information call the Thrift Shop 922-3384.

Welcome Social

The Presidio Enlisted Spouses' Club will hold their fall welcome social the night of Oct. 22, 7 p.m. Location will be the Wives Clubs' Activity rooms, located directly above the Thrift Shop. All spouses of enlisted personnel (all branches of service), those new to the Presidio

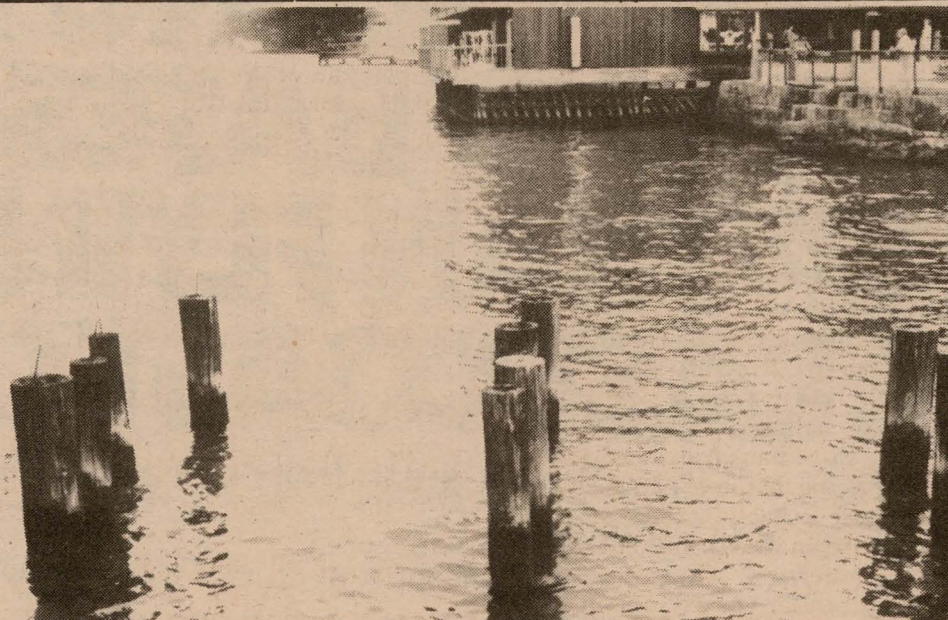


photo by Carol Couvaris

Relax

This is one of the many sites in Sausalito.

and those who have been here for a while, are invited to attend. For more information please call Ms. Emerson, 921-5691, or Ms. Botwright, 922-7939. RSVP by Oct. 18, to either of the above ladies.

Swim club

The Aquarius Swim Club is open to all children, five years old and up. Try out for the week and see if you like it. Parents, as a service to the community, if your child is a poor swimmer and needs help, contact Muriel Talley at 221-2915.

Grand National Rodeo

The 40th Grand National Rodeo, which consists of the Rodeo, Horse Show and Livestock Expo will be held at the Cow Palace Oct. 26th through Nov. 4th. The Rodeo will feature the Oak Ridge Boys October 29th and 30th only. Mail Order Forms are available at the Rec. Center ITT Office located in bldg. 385. The Mail Order Forms offer a dollar discount. Hours of operation for the Rec. Center ITT Office are: 11:30 a.m. to 1 p.m., and 2:00 p.m. to

5:30 p.m., Monday through Friday.

New family evening

A supper for new families in the Presidio community, to kick-off Presidio Family Week, will be held at the Religious Activities Center, bldg. 682 Nov. 18, at 5:30 p.m. There will be food, fun and fellowship so come and enjoy! Please let us know if you are interested by calling Stephen Miller or Jane Collier at 561-3535.

Directory available

New Family Resource Directory is in and can be picked-up at ACS, bldg. 214.

Art auction

The Letterman Women's Auxiliary and the Presidio Officer's wives' Club cordially invite all to attend an Art Show and Auction at the Presidio Officers' Club on Friday, Nov. 2, 1984. Exhibition, 6:30 p.m. to 7:30 p.m., Auction, 8 p.m. Admission free.

Community luncheon

The Chaplain Community Luncheon is held every Friday at the Religious Education Center, building 682, from 11:30 a.m. - 12:15 p.m. Share songs, good conversation, community news, food. Food is good and the best price in town. For further information call 561-3535.

... the write stuff ...

by Richard Wetzel

Ever since I started writing this stuff, I've been telling you what a fantastic enchanted city San Francisco is; how lucky you are to be assigned to a great post with such an exceptional geographical area, and how you ought to get out of those barracks and enjoy it...I don't do this just for a few brownie points, although with my past record a few couldn't hurt...But in all honesty, I mean what I say....I really love this city, maybe so much I'm blinded by it's beauty.

But when I think about it, San Francisco is one wierd place...Forget the punks, forget the left-over hippies and those of the other persuasion...I'm speaking strictly of the weather or the lack of it....

If you're from "back east", "stuck in the midwest" or from anywhere other than the Bay Area, you've noticed (or soon will) there are no change of seasons...Or at least none that this former Ohioian is used to.

My desk calendar says that autumn is here, but where is it? I keep watching the trees everyday waiting for the leaves to turn colors with the passing of time...I keep expecting that crisp, dried smell in the air to sneak upon me any day...But as I look out my window, all I see is green, ...or fog so thick I couldn't tell if the leaves had changed...Call me sentimental, call me a fool, but there's something romantic about watching a leaf full of summer green slowly turning yellow, gold, orange, red and yes sometimes, even purple, and then sud-

denly turning brown and falling dead to the earth only to be crumpled underneath an 8th grader's oversized sneaker....it's moments like that that I cherish...

What all of this has to do with the fact that *Douglas Adams* is coming to town, I'm sure I've no idea...but "don't panic", the newspaper advertisement says, he is indeed coming...I'm not sure if I should sigh with relief or alert the riot control team...Actually, I'm not sure who *Douglas Adams* is, except that I know he wrote a book called "Hitchhiker's Guide to the Galaxy," or something like that...Still, I don't know why he is coming, or why such an event would cause a raucus...He'll be at the Zellerbach Auditorium U.C. Berkeley, Oct. 30...I'm sure of that 'cuz the newspaper advertisement said so, and I believe everything I read in the newspaper...don't you???

EVERYBODY GO
“aaaaaaahhhhhhhhhhhh”...The Cow Palace has played host to a variety of events, ranging from rock concerts and rodeos to religious retreats and guru conventions...So why not a kitty-cat show (everybody go “aaaahhhhhhhhhh” again)...The San Francisco Revelers present their 5th Annual Cat Show tomorrow from noon to 7 p.m. Featured guests will be national and regional champions, with lectures and seminars on household pets, pet care and grooming and of course, little kitty-cats will be for sale...OK, all in unison, AAAAAAAHHHHHHHHH.....

You can always tell when I'm hard up for material: I use a lotttt of exxxtra leettttters to s t r e t c h the copy....

SNIFFING OUT THE MUSIC...I've said it before, and I'll say it again (I've lowered myself to reruns), if foot-stomping music is your thing, San Francisco is the place to get stepped on...**PUBLIC IMAGE LTD.** featuring *Johnny Rotten* of the *Sex Pistols*, **JUNK 57** and **RHYTHM & NOISE** will perform (????) at the Fort Mason Center Pier 2, tonight at 7 p.m... The Warfield Theatre presents **LOU REED** Oct. 31 and **STEVIE RAY VAUGHAN** with **DOUBLE TROUBLE** Nov. 24....**SCANDAL** featuring *Patty Smith* and **JOHN WAITE** ("Missing You") play the Berkeley Community Theatre Nov. 4...The Kabuki Club presents **GENERAL PUBLIC**, featuring *Dave Wakeling* and *Ranking Roger* from the *English Beat*, Oct. 29 and **A FLOCK OF SEAGULLS** Nov. 5....The Oakland Coliseum plays host to **ROD STEWART** Nov. 10 and **JETHRO TULL** Nov. 21.

ASCOT DAY, An authentic English day at the races, is tomorrow at Bay Meadows, San Mateo, featuring Rolls Royce and Bentley Concours d'Elegance, antique carriage parade, mimes, jugglers, unicycle riders and the Prince Charles Pipe Band...for more info, call 574-RACE...

"If you're afraid to break a few eggs, stay out of the kitchen"....Although I'm not sure who said that, I somehow, get the feeling it applies to me....oh well....

At the movies

Presidio Theater

Oct. 20 - Purple Rain (R)	7 p.m.
Oct. 21 - Purple Rain (R)	2 p.m. & 7 p.m.
Oct. 22 - Purple Rain (R)	7 p.m.
Oct. 23 - Moscow on the Hudson (R)	7 p.m.

Oct. 24 - Ghostbusters (PG)	7 p.m.
Oct. 25 - Ghostbusters (PG)	7 p.m.
Oct. 26 - Ghostbusters (PG)	7 p.m.

Schwartz Theater

Oct. 22 - Conan the Destroyer (R)	7 p.m.
Oct. 24 - Purple Rain (R)	7 p.m.
Oct. 25 - Moscow on the Hudson (R)	7 p.m.

Sports

Post bowling team

Finding the lanes to their liking, the Presidio Post bowling team gained sole possession of first place by blasting Mather Air Force Base, the powerhouse of the Northern California Military Traveling League, out of the top position.

Paced by Lefty-George Arcaina (USAG) 641 series and averaging 196 for six games including single games of 209, 201 and 247 and aided by the big bomber Jim Seale (GGRC) averaging 190 for six games with 605 series and 232, 202, 211 single games. According to team captain Lenny Shanks (LAMC) the Presidians are on their way to a great year.

The team will travel to Castle AFB on Oct. 21 and Nov. 4 the Presidians will be on their home lanes. Come on out and support our team and watch the top military bowlers of Northern California in actions.

Post running team wins team title

The Post Running Team finished in first place in the team corperation of the Navy's Fleet Week challenge 10 Kilometer road race. The race started at Crissy Field and went along the bay and ended at Pier 50.

The Presidio team ran closed together in this large race, to defeat other military and corporate teams.

The Presidio team had been training hard for this race and effort payed off. Team members and finish times were as follows:

Robert Darlin (Sports Branch) 33:48
Lon Kincannon (LAIR) 35:02
Gary Mevidgy (USAG) 35:30
Reggie Humdy (LAMC) 35:31
David Palmieri (INSCOM) 36:02
Richard Taitague (LAMC) 36:30
Raymond Wright (6th Army) 37:15
Brett Buckley (USAG) 38:30

Post flag football

The Presidio Flag Football Team under coach Eric Randolph (LAMC) simply overpowered Skaggs Island 36 to 14 to up their record to 7 wins

and 1 loss in the Central Region Navy Flag Football League.

The first quarter was strictly defense as both teams could not generate any offense. In the second period it was all Presidio, as Rudy Russell (USAG) fired two touchdowns passes, a 55 yard TD pass to Don Capers (USAG) and a 48 yard TD bomb to Anthony Brown (DLI). Russell ran for the first PAT and then hit Russell Toms (USF, ROTC) for the second PAT for a 16 to 0 halftime lead.

The Presidians continued their attack on the hapless Navy team as Superstar Russell pitched out to Anthony Brown who then fired a 43 yard score to Jerry Washington (USAG). Russell ran for the extra point and a 24-0 advantage before Skaggs Island scored their first touchdown as the third period came to a close. In the final period Russell completed the scoring parade hitting Cedrick Archie (USAG) twice in the end zone, a 10 yarder and a 25 yarder for a 36 to 40 victory for the Presidians.

The teams next home games are on Oct. 24, Nov. 1, vs. U.S.S. Haleakala and on Oct 27, 11 a.m. vs. Coast Guard, Petaluma. All games take place at the PX Field (next to Post Library).

Post tennis tournament

In the Open Division, top seeded Champion Col. Nick Lapins (LAMC) advanced to the finals of the winner bracket by turning back Sgt. Mike Paglianti (LAMC) (6-3, 6-0) and blowing out 2nd seeded Cpt. Brett Buckley (USAG) (6-0), (6-0).

Other action featured Sp4 Stan Hollenbach (LAIR) edging out playing partner Tony Rodriguez (LAIR) 2-6, 6-3, 6-3. Hollenbach will now meet hard hitting Mike Paglianti of LAMC in a survival contest, with the winner meeting Lapins.

Other action had E-5 Jerry Colburn (USAG) knock Sgt. Jeff Smith (INSCOM) out of the tournament 6-0, 7-6, 6-2.

In the Junior Veterans Division, Chaplain Jerry Autry edged out Col. Bill Heydorn (LAMC) and top seed Col. Gene Galvin (LAMC) turned back (Mr. Hustle)—Cpt. Dale Murray of (LAMC) 6-2, 6-1.

Major Don Bergin (LAMC) and Col. Burt Hutchison (LAMC) will now meet in a crucial shootout to determine who will oppose the winner of the Galvin - Autry contest.

Men's basketball

In the Fleet Week tournament held at the Alameda NAS on Oct. 12-14, the Presidio men's basketball team came away with the consolation trophy by finishing 3rd out of 8 teams. Named to the all-tourney team was Rudy Russell (USAG). Coach Robert Mabrey felt that team hustle was the key factor. This Fri., Oct. 19, Presidio plays Treasure Island at 7 p.m. at Post Gym 1, bldg. 63. Come out and support your team.

Tournament scores
Presidio vs. Alameda J.C., 65 to 84.
Presidio vs. U.S. Hector, 80 to 76.
Presidio vs. Alameda NAS, 89 to 88.

Post Gym No. 1 Closure

Post Gym No. 1, Bldg. 63 will be closed all day on Oct. 28, for the U.S. Military Academy Physical Aptitude Examination. All tennis reservations should be made by Saturday Oct. 27, for Sunday Oct. 28.

Intramural football

LAMC upset the 864th Engr, who were undefeated in league play 20-0. LAMC's quarterback Steve Burton had a hot night throwing three TD passes. In the first quarter Steve hit teammate Joel Smith for a 15-yd TD, then later in the second quarter he threw a 5 yd TD pass to Mike Woodson. In the second half, Burton threw one more TD pass for 23 yds to Joel Smith and another pass to Smith for the extra points. Final score LAMC 20 864th Engr. 0.

Game results for the week.

Oct. 9 — LAMC - 30 vs. H Co, DLI - 28
Oct. 11 — USAG - 14 vs. OARB - 12
LAMC - 20 vs. 864th - 0

Standings as of Oct. 11

	WIN	LOST
USAG	6	1
864th	4	1
OARB	4	2
CORP OF ENGR	3	3
H Co, DLI	3	3
LAMC	3	4
LEC	2	3
6 ARMY	2	4
USAISC	1	7

The top 4 teams will compete in the Post Championships starting 6 p.m. Oct. 29.

Women's basketball

The Post women's team played the Oakland's All Stars last week at the post gym. Both teams started out a little slow in the scoring department. With a lot of hustle and very aggressive play, both teams stayed within reach of each other until the last few minutes of the first half, when Presidio's leading rebounder Debra Haile (LAMC) fouled out of the game. This opened up the door for Oakland to score. The half time score was Oakland - 37, Presidio - 25.

In the second half, Presidio managed to match Oakland point for point for sometime. Queen Risher (INSCOM), had a tough game as it was defended from the start to end of the game. She still managed to be the leading scorer with 31 points. The Oakland All Stars had a height advantage over Presidio but Presidio's aggressiveness on the boards kept the rebounding quite even.

The final score was Oakland 83 PSF - 67.

Though the Post Team lost, they looked very impressive against a strong Oakland team. It looks as if this might be a very successful season for our PSF women's basketball team. The next home game is scheduled against Travis AFB, Fri., Nov. 9, 6 p.m. at the main Post Gym 1, followed by the Post men's basketball team going also against Travis at 8 p.m. Note this date, and come out to support our Post teams.

Jimmy the Freak

Old Jimbo really took a beating last week! I haven't been that wrong since I told everybody that I could handle my prospective mother-in-law. A lion-tamer couldn't handle that old &^%!. Anyway...I will make every attempt to be more accurate with this week's predictions. I know how much everyone who reads this column depends on me for accuracy. By the way...I found out during last week's threatened furlough that the government considers me to be non-essential. Jeepers! Mrs. Freak could have told them that!

San Francisco 34 - Houston 10

If you think that the Oilers have any chance in the world of winning this game, then I've got some beachfront property in Reno I'd like to sell you! The 49ers should play a lot better, and, hopefully, the league won't assign referees from the California School for the Blind.

Los Angeles Raiders 28 - San Diego 20

Did you ever get a really overwhelming bad taste in your mouth? I just did when I predicted the the Oakl...oops, I did it again, I mean the LA Raiders will win. The Chargers are as defenseless

as a grandmother at a biker's convention.

Miami 30 - New England 20

The Dolphins are due to have a bad game sooner or later. The way that the Patriots have been playing, I don't think it matters this week. Even playing badly, Miami has too much talent to lose, although inclement weather could make the score close.

Minnesota 27 - Detroit 21

Will the real professional football team please stand up! Come on, fellas...somebody has to be professional...then again...

Cincinnati 23 - Cleveland 17

This game will generate interest only in Ohio. Well, maybe with a spermologist. No, no, no...that means someone who collects trivia. You ought to be ashamed of yourselves!

Pittsburgh 27 - Indianapolis Colts 17

The Steelers are a gutty bunch. The Colts are a gutless bunch. The difference is about 10 points.

Chicago 28 - Tampa Bay 20

No matter how hard the Bucs play, John McKay will find some way to lose. The fact that Walter Payton will run for 150-plus yards will

have something to do with the outcome, also.

UPSET NO. 1

St. Louis 30 - Washington 24

The Cardinals' spirits and pride are swelling. The only thing swelled about the 'Skins is Joe Theismann's ego. The mouth that roared.

UPSET NO. 2

Green Bay 33 - Seattle 20

If Lynn Dickey can throw that well in a blizzard, just think how well he'll do on a dry field. James Lofton is the best player in the league right now!

UPSET NO. 3

Kansas City 27 - New York Jets 21

If the Chiefs play only half as well against the over-rated Jets as they did against the Chargers, they should still win easily. Ryan has no hope for the Jets.

UPSET NO. 4

Buffalo 28 - Denver 24

The Bills will win at least one game this year. Maybe this is the week. Denver is the sorriest-looking 6-1 team that has ever snapped a football.

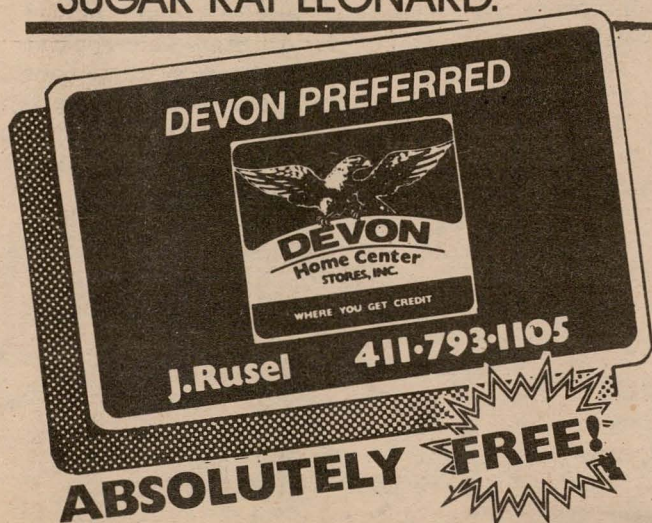


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Star Presidian

Vol. 27, No. 42

"Published in the interest of the people of the Presidio of San Francisco."

October 26, 1984

News briefs

Graduate Record Exam

The Graduate Record Examination (GRE) will be given Tues., Dec. 11 from 8:30 a.m. to 12:30 p.m. at the Fort Scott Education Center. This testing service is for active duty military only. The registration fee is \$29 and is payable by check or money order no later than Nov. 5.

If you are interested in taking this examination, contact a counselor at the LAMC Education Center, bldg. 1007, 561-3692/4030, or Fort Scott Education Center, bldg. 1216, 561-4445/2974.

Presidio blood drive

A total of 399 units of blood were donated during the recent Third Quarter All-Presidio Blood Drive.

Winners of the incentive prizes were:

Suzanna Santiago, Sixth Army; One free night at the Lake Tahoe condominium.

Winifred S. Sandico, Comptroller, and P.K. Johnson, DEH; dinner for two.

Joe LaVoie, Sixth Army Band; theater tickets.

Randy Hendricks, DIO, Mr. Aimau, DEH, and Willie M. Backer, D Co., 864th Engr.; free bowling.

Dawn Tighe, HQ, USAG, Shatisha Shaw, HQ, USAG and Michael Medsker, HQ, USAG; one pound box of candy each.

Parent support group

If you are the parent of a handicapped child, Army Community Service is sponsoring a new parent support group designed to give you the opportunity to meet with other parents and professionals and share ideas, resources, and special needs. Helen Rossini and Joan Cassel are the group leaders. They are both social workers with handicapped children of their own. The first support group meeting will be Monday, Oct. 29 from 12:15 to 2 p.m. at the Religious Activities Center, bldg. 682. Call Margie Dee at ACS, 5155/5156 for information and to arrange child care.

Open Season for health benefits

The Civilian Personnel Office has received notice the Open Season for health benefits will be Nov. 5 to Dec. 7. With Open Season beginning next month, four carriers have contacted CPO and requested to speak with interested employees at PSF regarding their plans, rates, changes, etc. The following schedule has been arranged:

Nov. 7, 10-11 a.m., Post Theater; Blue Cross/Blue Shield.

Nov. 7, 1-2 p.m., Torney Hall (LAMC, room 5102); Blue Cross/Blue Shield.

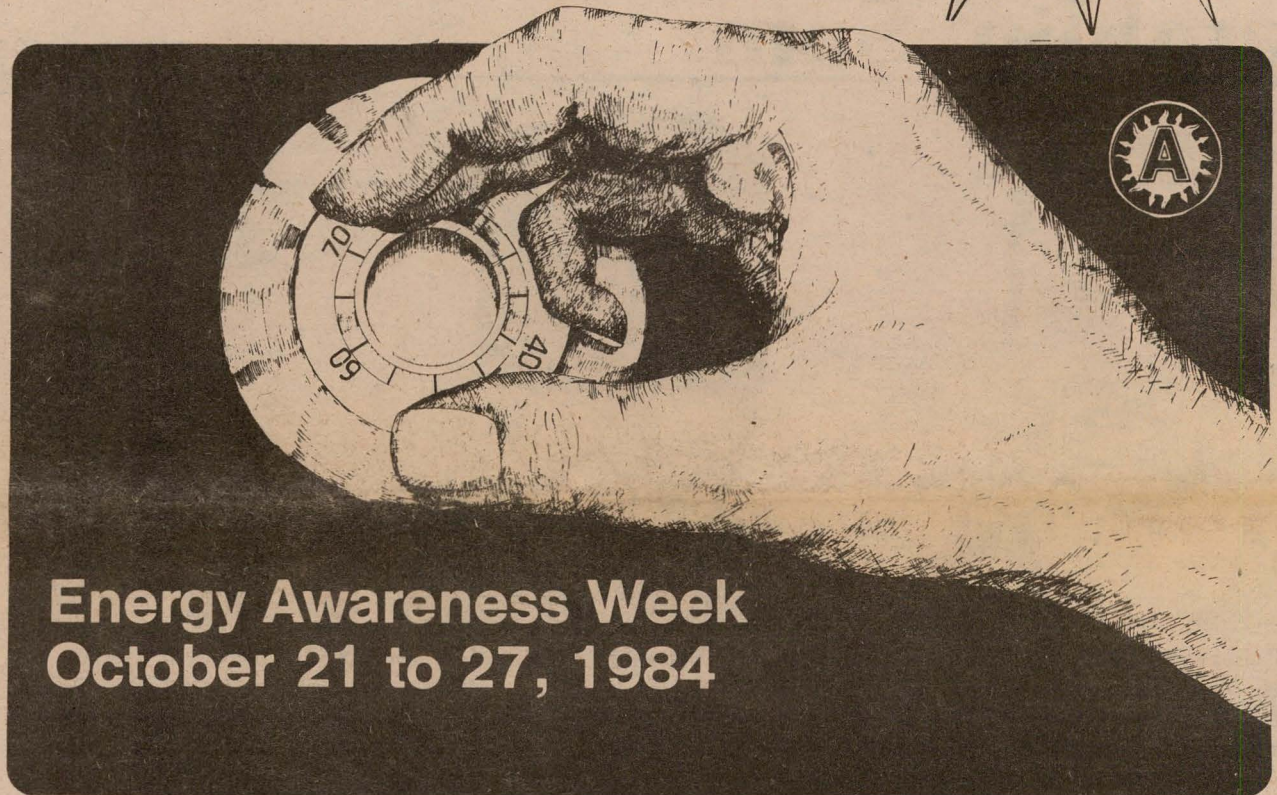
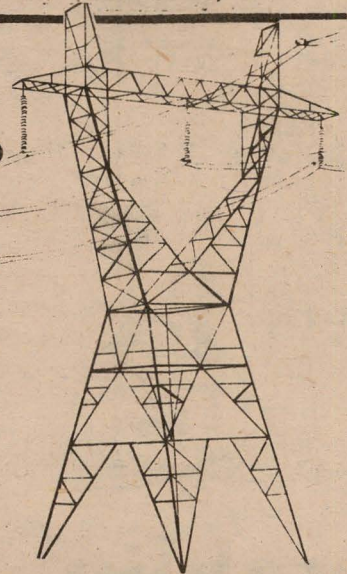
Nov. 9, 10 a.m.-1 p.m., Post Theater; IPM (Institute for Preventive Medicine.)

Nov. 14, 1-2 p.m., Post Theater; National Post Office Mail Handlers.

Nov. 20, 11 a.m.-1 p.m., Post Theater; Bay Pacific Health Plan.

Within workload requirements, civilians who are interested in attending these sessions should be released to do so.

Partners for... an Energy Efficient Tomorrow



Energy Awareness Week October 21 to 27, 1984

by Harle Quin

Too many people have the misconception that their utilities in the family housing quarters and barracks are free—at least no monthly bill arrives in the mail. Those same people think nothing of leaving lights and appliances on when they leave the house.

In reality, we are all paying for their utilities, in one way or another.

Each Army installation has a fixed budget. Every dollar paid by the command for the utilities is one dollar less that is available to operate and maintain the post.

In contrast, every dollar saved by energy conservation could be turned over to organizations such as recreational facilities.

The Department of Defense (DoD) has set up a program to better educate people on energy conservation. Energy Awareness Week started Sunday, Oct. 21 and continues through Saturday, Oct. 27.

The Army energy logo is designed with four colors to identify the energy message. The large black "A" for Army, with a white border implies that the Army is going to derive more and more energy from coal and continue to move steadily away from dependence on petroleum products. The white border is for clean air and a concern for the environment. The yellow sun expresses the

Army's commitment to increased use of solar energy. Eight arrows around the sun represent eight new energy initiative areas.

A handbook has been prepared containing energy saving guidelines that can easily be practiced. The book doesn't suggest impossible sacrifices or drastic measures; it simply suggests breaking some old energy consumption habits that are wasteful and costly.

It also points out some startling facts:

- If every gas-heated home were properly caulked and weatherstripped, we'd save enough natural gas each year to heat about 4 million homes!

- If every household in the United States lowered its average heating temperature six degrees over a 24-hour period, we would save more than 570,000 barrels of oil per day!

- Heating water accounts for about 20 percent of all energy we use in our homes.

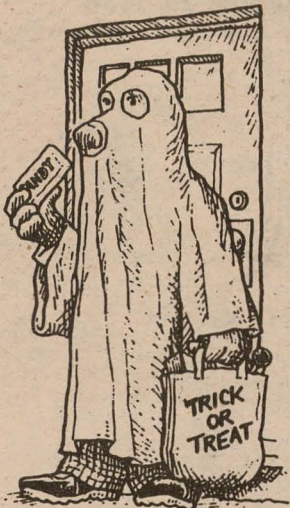
- A constant drip can waste 8,000 gallons of water yearly!

Even turning out a light when you leave a room, joining a carpool or operating only essential appliances during peak hours is a positive step in energy conservation.

It's not enough to just be aware of energy and conservations...you have to practice energy conservation.

Opinions

Halloween safety



The sight of children scurrying door to door shouting "trick-or-treat" each Halloween often brings a smile to one's face. Presidio trick-or-treating will take place October 31 during the hours of 6-8 p.m. All children under the age of eight must be accompanied by a parent, guardian or responsible member of the Military Community over 21 years of age.

McGRUFF, and his friends the Military Police, will be passing throughout the Presidio housing areas during trick-or-treat hours. McGRUFF and the Military Police will be passing out goodies to the children, to include candy and gremlin posters.

The Military Police will also be providing a "candy-check" safety

service. The MP's will check your goodies for possible tampering if you ask them to. The MP Desk Sergeant has a toll free HOTLINE NUMBER available to call if you have any questions about possible cases of candy tampering.

When making your last-minute Halloween preparations, follow these tips to ensure a safe and happy Halloween for Presidio:

1) 1985 is the year of vision at Presidio - ensure that your child's costume affords a clear field of vision to see at night, also, make sure costumes are flame resistant/retardant and are visible to motorists.

2) Protect against vandalism by removing tempting targets, securing your property and keeping your outside lights on.

(3) Be prepared for trick-or-treaters by keeping your home well-lighted, and by keeping an ample supply of Halloween treats on hand, commercial candy, coins and gift certificates would be the best treats, as most parents will automatically throw any homemade or unwrapped goodies away just to be on the safe side.

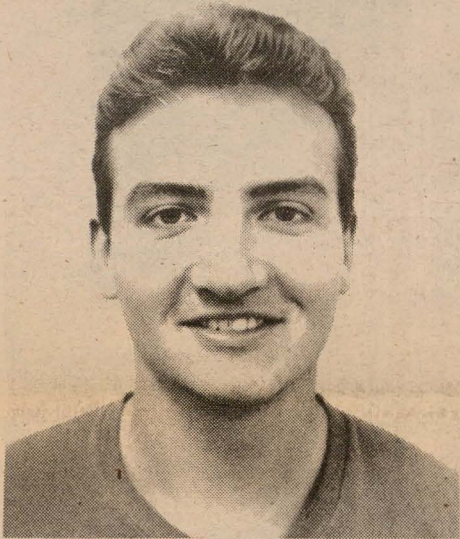
4) Parents should know their children's whereabouts while trick-or-treating. Parents should also review traffic safety rules with their children before allowing them to go out.

5) Give your child several of his favorite treats to take trick-or-treating. This will prevent them from the temptation of eating the treats given to them before you inspect the items.

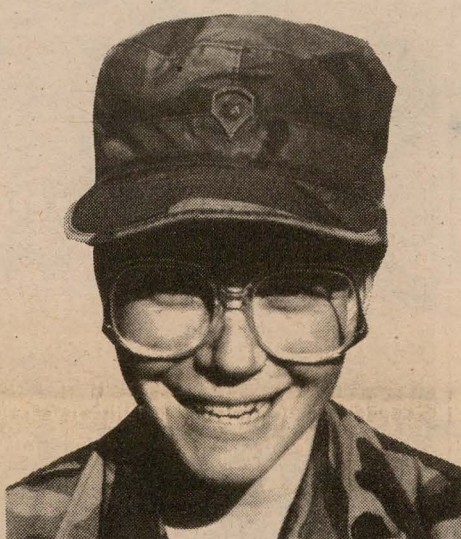
Please see page 3

Ramblin' Sam

"Do you think your MOS should receive a reenlistment bonus? Why?"



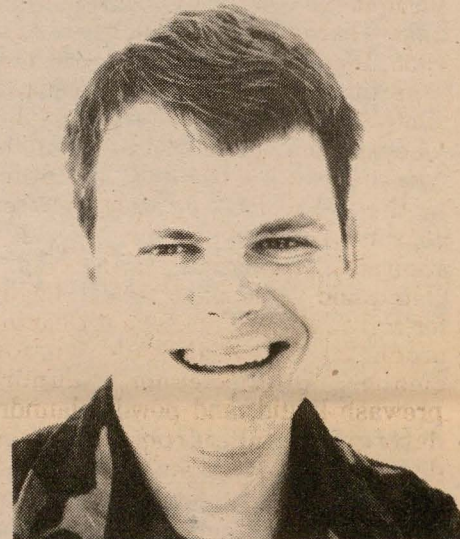
Pvt2 Robert Burwell - Illustrator (81 E) "Yes, the MOS is a very difficult one and the training is long. The enlistment is 4 years long and I would think the Army would want to keep us."



Sp5 September Bodden - Animal Care Specialist (91 T) "No, my MOS is already overstrength. If it weren't for that, I would think we deserve one."



SSG Bernard Bebel - Computer Operator (74 D) "No, I don't think so. The job is a reward within itself, it's marketable and interesting."



Sp4 Timothy Van Meter - Infantry (11 B) "I already do and I think our MOS deserves it. 11 Bravos are hard to come by and when a war hits, we're the first to go."

Editorial

Pep Rally recognizes "Proud Presidians" recently at Post Theater

by Bob Mahoney

More than 1000 members of the Presidio workforce were exposed to the litany of accomplishments made by the Presidio during last fiscal year as Colonel Hawkins, the installation commander, conducted the FY85 Pep Rally in the Post Theater last week. And the accomplishments were many.

The time allowed did not permit everything that was achieved here to be listed. But enough was mentioned to make every Presidian proud to be part of this team.

FY84 was called the "Year of Action." The name was proven to be

true by the actions of the more than 6000 military and civilian personnel who make up this winning team. From the deployment of Delta Company, 864th Engineers to the acquisition and use of automated equipment, from the development of a workforce that is representative of the Bay Area ethnic population to the supply of safety shoes for the entire Directorate of Engineering and Housing workforce...all Presidians have a right to be proud.

For those who attended the first Pep Rally session on Wednesday, they are aware that spirit of the

"Year of Action" continued during that session. When the power went out during the audio-visual presentation, several Presidians jumped to the aid of the program. Of special note are those from the Directorate of Plans, Training and Security, and the Directorate of Engineering and Housing.

The DPTSEC contingent provided extension cords (where they came from, we still don't know) and DEH personnel were on the scene within minutes to rectify the situation and permit the completion of the audio-visuals.

We would be a bit remiss, however if we did not recognize certain people for their contributions in the production of Pep Rally II. First, there is the entire Training Aides Support Center staff, both photographic personnel and the technical equipment staff, particularly Mr. Bowman and Ms. Robinson. From the Public Affairs Office, there are Mr. Jim Hudgins who did the script and Specialist Rick Wetzel who shot most of the slides used in the presentation. And from the Civilian Personnel Office, there was Mr. Bill Clyde.

Please see page 3

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But of prime importance to us all is the recognition of those without whose contributions the Pep Rally would not have taken place at all. Those people are you, the people of the Presidio of San Francisco. It is you and your achievements that caused the Commander to call you together and give public recognition

to you and your fellow Presidians.

Colonel Hawkins is proud to be a Presidian. For what we as a team have achieved during the past year, we too should have pride. Let's let that spirit of pride and accomplishment continue through the next Fiscal Year, the "Year of Vision."

Halloween safety from page 2

Have a safe and fun Halloween. Keeping this thought in mind - if in doubt, throw it out! McGRUFF and his friendly MPs will be anxious to see your costumes and pass out their goodies. If you have any questions, or wish to report vandalism, call the Military Police at 561-2252/2253.

CRIME REPORT: Wake up Presi-

dians! Bicycle thefts are continuing at an epidemic rate. Since the 1st of September alone - 10 bicycles, 3 automobiles, and 2 mopeds have been stolen. Over 90% of these were unsecured. If you are leaving your bicycle or moped unsecured, you are just asking for it to be stolen.

New product line at AAFES

The assortment of AAFES brand products continues to grow at Army and Air Force Exchange Service Stores. The current lines of AAFES brand items was introduced with 40 vitamin products in March 1981. Various grooming and personal hygiene products were added through 1983. By June of this year, 175 items were in the line including paper products, bed linens, underwear, pain relievers and film mailers. Slated to join the growing AAFES brand line by the end of 1984 or early 1985 are household cleaning products. Quality assurance testing has just been completed and vendor solicitation begun for eight AAFES household cleaning products. They include window cleaner, pine cleaner, laundry prewash liquid, and powder laundry detergents, all-purpose cleaner, dishwashing liquid and dish washer detergent. These products, like all AAFES brand items, are designed to provide customers with low-cost, high-quality alternatives to similar name-brand products on exchange shelves. They will not, stress AAFES merchandising division officials, replace name-brand products. Why the growth? From zero AAFES brand products in 1981 to almost 175 in 1984? "We simply found there was a demand by our customers for products of high quality and increased value," said Jim Gildersleeve, assistant chief of the AAFES sales management branch. That customer demand was evidenced in the consistently strong sales of AAFES "budget special" merchandise. That fact, coupled with statistics demonstrating the success of other retailers' "house brands," made the move to establish the "AAFES Brand" line a natural step, Gildersleeve said. Two criteria are of paramount importance when evaluating products to be added to the AAFES brand line: price and quality. "We must first be able to provide the product to our customers at a significant cost savings," Gildersleeve said. "We must also be able to assure our customers that they are buying a product which of-

fers good quality and performance and is generally equivalent to national brands," he added. "AAFES will not put its name on a product unless its quality can be assured," thus far. Customer acceptance of the new AAFES brand line of products has been excellent and sales have grown steadily since their introduction in 1981. Sales were about \$21-3/4 million in 1982 and climbed to about \$24-1/2 million in 1984." According to Gildersleeve, AAFES plans to selectively introduce more new AAFES brand products in "basic need" categories, Gildersleeve said. Some items now being considered include basic clothing items, transparent tape and automotive items.

Prices on six Army uniform items procured by the Army and Air Force exchange service will be going up Nov. 3, representing the first price increase in AAFES' - produced uniforms in more than two years. The new prices are the result of uniform contracts awarded by AAFES last March. "We have been receiving uniforms at the new cost since June, but delayed raising the in-store price as long as possible," an AAFES official explained. Women's items affected by the increase included the Dress Blue Uniform, up from \$102.50 to \$117.00, the enlisted members' green polyester slacks up from \$16.00 to \$17.25, the officers' green polyester slacks up from \$17.50 to \$18.50, and the green polyester skirt, up from \$15.25 to \$17.00. Mens' items affected by the increase are the Dress Blue Jacket, up from \$81.00 to \$94.25 and the Dress Blue Trousers, up from \$32.50 to \$34.00. AAFES sells AAFES-procured and defense personnel support center (DPSC) "issue" items in its military clothing sales stores. DPSC "issue" items are procured by the federal government and sold to the customer at cost. AAFES items are procured by commercial methods and are subject to commercial mark-ups. AAFES items are either new to the military market or are upgraded version of DPSC "issue" items approved by the Army or Air Force.

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Got a beef? Want to know where is the beef? Call the Presidio Actionline at 561-LINE. All names will be withheld and kept strictly confidential.

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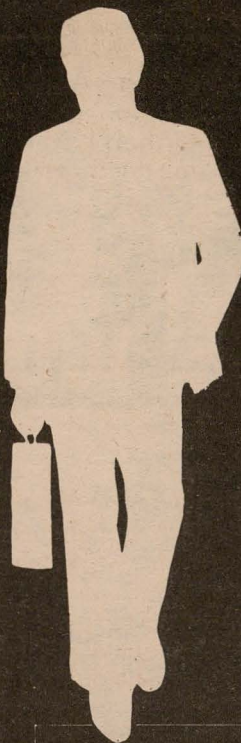
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YOUR FIRST APPOINTMENT IS WITHOUT CHARGE

Feature

Sgt. Spillman-September Soldier of the Month

by Alan Edmonds, Jr.

The ballots have been cast, the votes are in and the winner is Sgt. Larry G. Spillman of the Law Enforcement Company (LEC).

Spillman, who is a military policeman, was chosen recently as the Presidio's September Soldier of the Month.

A former Memphis, Tennessee police officer for six years before joining the military, Spillman said he was confident of his abilities to win the coveted award. "I was really sure of myself—I had to be if I wanted to do well—and the commander and my first sergeant (of LEC) had great confidence in me. They have always shown a lot faith in me and they told me to must go out and win."

To prepare for the Soldier of the Month board, Spillman said he did mental exercises and relied upon the help of friends and family. "Prior to the competition, I did a lot of psyching myself and mental preparation. I also realized that a large portion of the competition rested upon Army Regulation 670-1, the regula-

tion governing the wear of the uniform, and appearance. So I practiced the way I reported, stood, sat and so on, in front of a mirror.

"I got a lot of help from my commander, Capt. William Goodman and my first sergeant, Joseph Cooper, who set up a couple of mock boards. A lot of the fellas in my unit also pitched in to help keep me sharp. But I believe my wife, (a specialist five at LAMC) Audrey was my biggest supporter. Almost every night, my wife drilled me to death with questions and helped refine my answers."

With a distinct, Southern drawl, a tall, lean physique and a face that could pass for a young Abe Lincoln, without the beard, Spillman typifies the strong, silent enforcer of law and order. "My work as a police officer keeps me busy. I work regular patrol as a supervisor, I conduct Wednesday training for the Special Reaction Team (SRT) of which I'm the assault-team leader and I attend a lot of schools for special weapons and tactics courses," Spillman said.

Spillman had nothing but praise

for his fellow competitors. "Appearance-wise they were very sharp-looking soldiers. This ruffled me a bit and small doubts began to nag me. I knew that they would be tough simply because they had been chosen by their individual units and that meant they were the best those units had to offer and that they were outstanding soldiers."

The 34-year-old native of Memphis, Tennessee said that the moments following the board were filled with anxiety. "I left the board and went back to my company and waited along with the first sergeant for the news. I was on pins and needles but the first sergeant was in worse shape than I. We paced together for 30 minutes.

"I've been a police officer for eight and a half years and I would say that moment was one of the most tense ones I've ever experienced," Spillman said.

Spillman noted that of his three lifetime goals he has now realized two. "Ever since I was a kid I wanted to travel. Well I've been a military

policeman for two and a half years now but I haven't done a lot of traveling yet."

Spillman felt that capturing the Soldier of the Month title will spur him on to greater achievements. "Winning the Soldier of the Month award not only looks good on my record but its one of the greatest motivating factors offered here. This program makes it evident that if you do a good job then you're rewarded for it. It instills pride and motivation and enhances your need to do more and do it better. It gives soldiers the chance to prove themselves they ordinarily would not have had," Spillman pointed out.

His attention riveted on the future, Spillman says he has begun preparations for the Soldier of the Year competition. "It's definitely in my mind. A good friend of mine, Sgt. High Wiley, won the Soldier of the Year award here two years ago. I've long admired him for that and I've always longed to accomplish the same. Now I've passed the first step on the road to it," Spillman said.

U.S. military athletes win 10 Olympic medals

At the XXIII Olympic Games in Los Angeles, 10 American military athletes turned in medal-winning performances.

Contributing to the U.S. gold rush was Air Force 2nd Lt. Alonzo Babers who won gold medals in the 400 meter race, and as a member of the 4 x 400 meter relay team. Babers is stationed at the Air Force Academy, Colorado Springs, Colo.

Army Staff Sergeant Matthew A. Dryke of Fort Benning, Ga. captured a gold medal in skeet shooting and Capt. Edward F. Etzel, an Army Reservist, took home the gold in small bore rifle competition.

Rounding out the gold medal winners was 2nd Lt. Ludwig D. Banach of the U.S. Military Academy, West Point, New York winner of the 220-pound freestyle wrestling competition.

In addition to the five gold medals, U.S. military athletes accounted for three silver and two bronze.

Army Specialist 5 Dean W. Glenesk of the Modern Pentathlon Training Center, Fort Sam Houston, Texas won a silver medal in the modern pentathlon competition. Marine Sgt. Greg Gibson, Quantico, Va. took home the silver medal in the 220-pound Greco-Roman wrestling competition. Sepcialist 5 Ruby Fox of the Army Reserve won the silver medal in the women's sport pistol competition.

Bronze medals were awarded to Capt. Wanda R. Jewell, U.S. Army Reserve, Redston Arsenal, Ala. in the women's small bore rifle (3-positional) event and to Army Staff Sgt. Daniel T. Carlisle, U.S. Army Marksman-

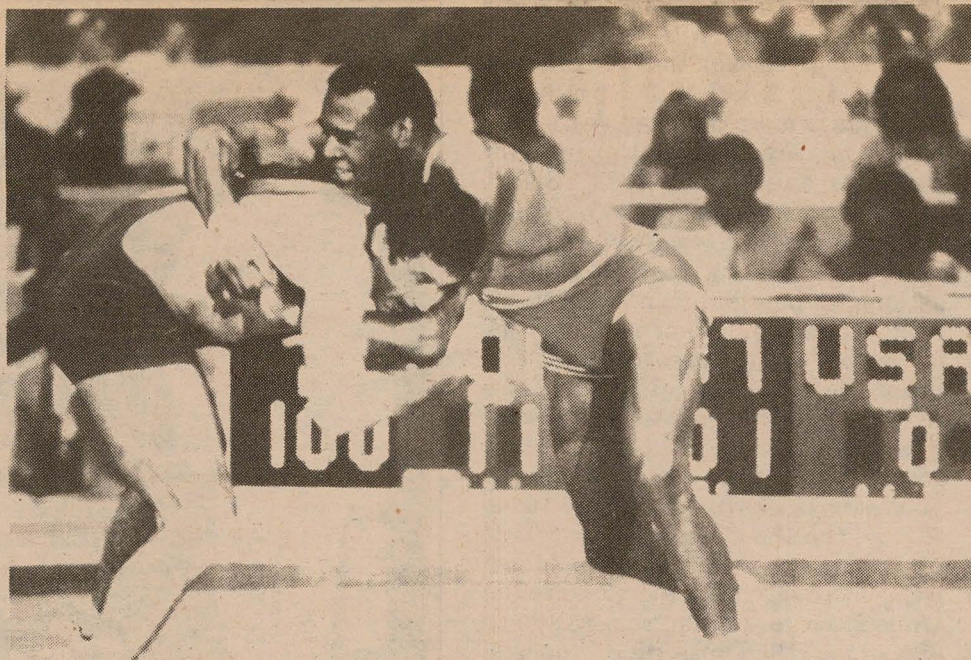


photo by SMSgt. Donald Sutherland
Marine Sgt. Greg Gibson (r) wrestles in the 90-100 kilogram Greco-Roman weight class. Gibson won the Olympic Silver Medal.

ship Unit, Fort Benning, Ga., in the clay target trap shooting competition.

Specialist 4 Ariestides Gonzales

of Fort Bragg, N.C. representing Puerto Rico, won a bronze medal in Middleweight Boxing.

(AFPS)

Military athletes have earned 148 medals

In 1948 a young man named Malvin Whitfield burst from the starting gate at the London Olympic Games and ran the next 800 meters in 1:49.2 minutes to set a new record. Four years later, at Helsinki, Finland, he won the same event in the exact same time. Between Olympics, Sgt. Whitfield flew 27 missions over

Korea as a tail-gunner on an Air Force bomber.

American military athletes have earned 148 Olympic medals (including 76 gold) since 1948, the year in which U.S. Olympic committee records began to distinguish between military and civilian athletes. (AFPS)



photo by Ken Hackman
Air Force 2nd Lt. Alonzo Babers, Air Force Academy, won Gold Medals in the 400 meter and the 4x400 meter track and field events.

Feature

Here's what to do with a left-over pumpkin

by Thomas K. Squier

After the last trick-or-treater has gone and the porch light is turned off, you have to remember to throw away the pumpkin on the step--or do you?

You probably don't need another pumpkin pie recipe, since every family has Grandma's favorite tucked away somewhere. But there are many other ways to use that leftover jack-o'-lantern.

First you need to scrape out the seeds. (Be sure to save them--see below.) Cut the flesh into pieces. It can be peeled, diced, covered with water and boiled until tender, then mashed like potatoes. Or you can quarter the pumpkin, bake it until tender and scrape the flesh from the skin.

Now that you have the pumpkin cooked down, you can proceed with your favorite pumpkin pie recipe. Or, if you've spent enough time in the kitchen today, you can freeze the pumpkin for later use--maybe in a nice Thanksgiving Day dessert.

In the Caribbean, pumpkin is used much the same way as squash: it is cubed to be added to soups and stews, or made into custards and other desserts.

The American Indians sliced and dried pumpkin and used it as a snack



or reconstituted it with a little hot water and used it like fresh-cooked pumpkin. Pumpkin was a staple among many Indians of the Southwest. The boiled pieces might be mashed, salted and fried or turned into candy by boiling in brown sugar syrup, allowing to stand overnight, boiling again for five minutes the next day, rolling in coarse sugar and drying.

Many cookbooks carry recipes for pumpkin in soups, breads, cakes and casseroles. If you have a good banana bread recipe, substituting pumpkin pulp for the banana will yield a delicious surprise. Or add the pumpkin to a good cookie recipe.

You did save the seeds, didn't you? When dry, they can be oiled and salted and roasted at 250° until they begin to brown. They provide a delicious snack with medicinal attributes. Herbalists have long used pumpkin seeds to expel tapeworms, and scientists have learned that men of cultures with pumpkin seeds in their regular diet are spared many prostate problems.

This year, whether for reasons of taste, economy or health, consider putting that retired jack-o'-lantern on the dinner table instead of the scrap heap.

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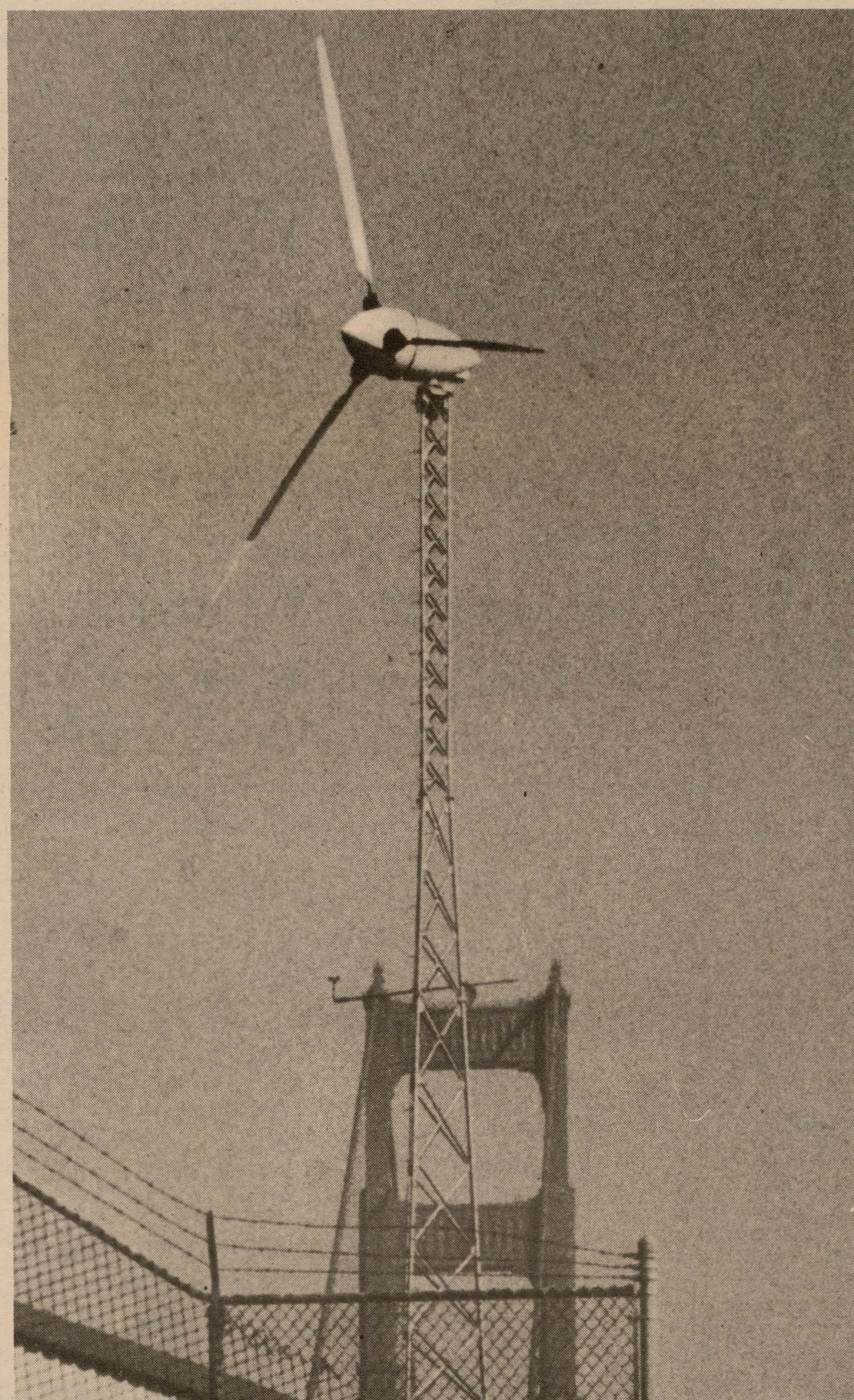


Energy saving tips

story and photos by Harle Quin

Here are some energy-saving tips you can practice at home:

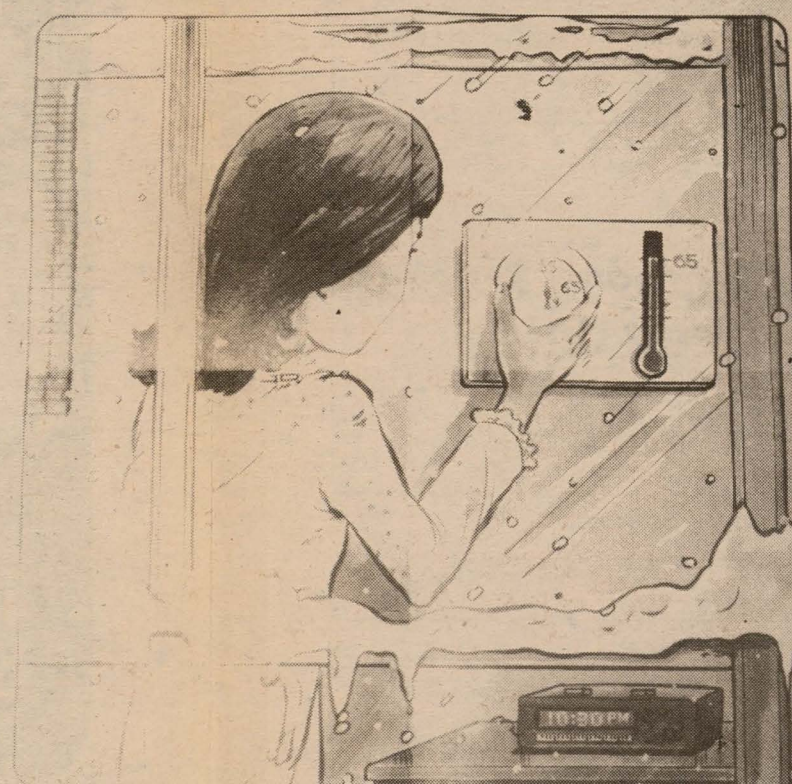
- Test your windows and doors for airtightness.
- Caulk and weatherstrip doors and windows.
- Clean or replace the filter in your forced-air heating system each month.
- Close off unoccupied rooms—shut the heating vents.
- Use flourescent lights whenever you can—they use less energy than incandescent.
- Use one large bulb instead of several small ones in areas were bright light is needed.
- Do household cleaning with cold water whenever possible.
- Repair leaky faucets promptly.
- If you cook with electricity, turn off burners several minutes before the allotted cooking time is over.
- Use small electric pans or ovens for small meals.
- Be sure the dishwasher is full before using.
- Avoid letting the water run continuously when washing hands or brushing teeth.



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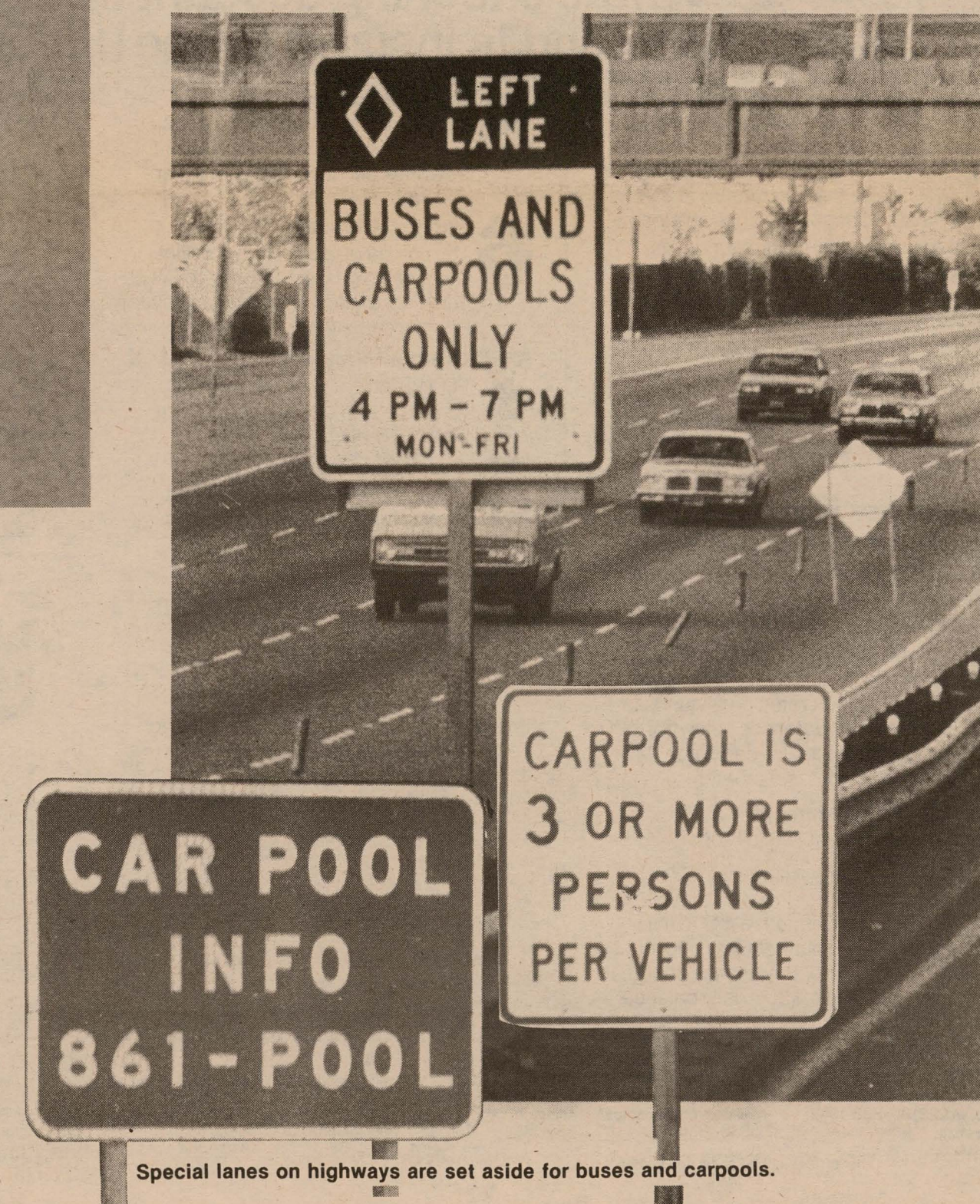
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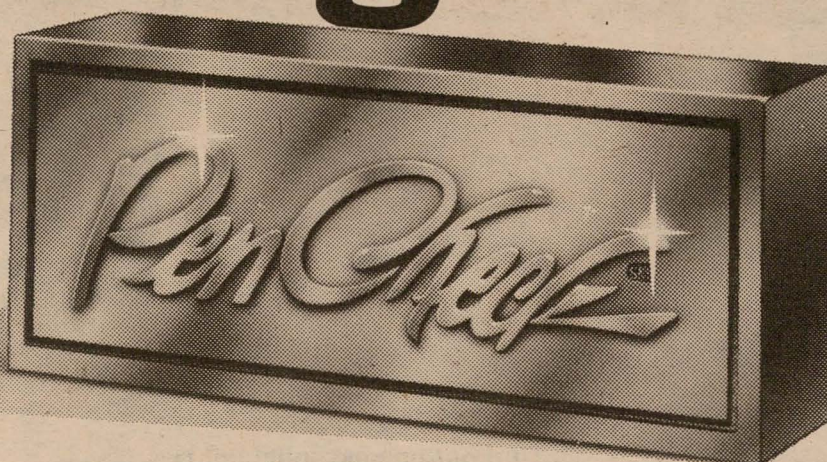
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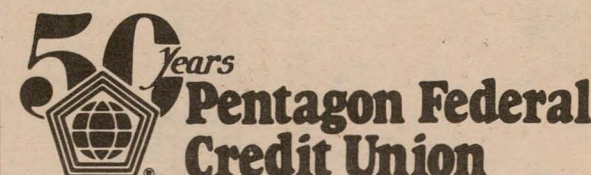
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Community Calendar

Recycling

Recycling for November will take place Sat., Nov. 3. Quarters residents are reminded to have newspapers and all-aluminum cans ready for pickup between the hours of 10 a.m. and 2 p.m. All proceeds from recycling go to the Girl Scouts, Boy Scouts, Aquarius Swim Club and the Parent-Youth Club. In case of rain, there will be no recycling. However, cans and newspapers can be dropped off at any time at the Recycling Point, located next to bldg. 661.

OWC luncheon

The November luncheon for the Presidio Officers' Wives' Club will be held at 11:30 on the first of the month at the Presidio Officers' Club. Phyllis Patterson, the creator and founder of Living History Centre, the Renaissance Faire and the Dickens Christmas Faire will be the speaker. Reservations can be made before noon Mon., Oct. 29 with Leslie Nickels, 750-3750; Sue Ann Cartwright, 750-3782; or Beverly Bagnal, 346-5890.

Art auction

The Letterman Women's Auxiliary and the Presidio Officers' Wives' Club cordially invite all to attend an Art Show and Auction at the Presidio Officers' Club on Fri., Nov. 2. Exhibition is 6:30 to 7:30 p.m.; auction at 8 p.m. Admission is free.



Pandas at the S.F. Zoo

Yun Yun and Ying Xin, giant pandas from the People's Republic of China will be at the San Francisco Zoo for at least one month, beginning on November 3.

Take time for a tour

Great America Halloween Tour, Wed., Oct. 31, 4-10 p.m.; cost \$15. Angel Island Picnic Tour, Sun., Nov. 4, 9 a.m.-5 p.m.; cost \$5. Valley of the Moon Wine Tour and Jack London State Park, Sat., Nov. 10, 10 a.m.-5 p.m.; cost \$5. Pt. Reyes, Muir Woods, Pelican Inn Tour, Sat., Nov. 17, 10 a.m.-5 p.m.; cost \$5 (bargain!). AM San Francisco TV Show; \$3 Fri., Nov. 23, 9 a.m.-noon.

Sign up for all tours at the ITT Of-

fice, bldg. 385, 561-3992.

Rec Center classes

Ballroom Dance, Mondays; ongoing, 7:30-9:30 p.m. at the Log Cabin, bldg. 1299; cost \$3. Adult Tap, Ballet class, Thursdays, 7-9 p.m. at the Log Cabin; cost \$24/month. Guitar Lessons, Tuesdays noon-3 p.m.; cost \$10/1/2 hour for private lessons or \$10/hour group lessons, minimum 3 people. Computer Certification Class, starts Tuesday, Nov. 13, 7 p.m. 12

weeks \$150; Cpt. Melton, instructor. Bridge & Bid Whist Lessons, meet at the Recreation Center, Thurs., Nov. 15, 7 p.m.; instructor, Ophelia Hilton. Classes are free.

Swim club

The Aquarius Swim Club is open to all children, five years old and up. Try out for the week and see if you like it. Parents, as a service to the community, if your child is a poor swimmer and needs help, contact Muriel Talley at 221-2915.

New family evening

A supper for new families in the Presidio community, to kick-off Presidio Family Week, will be held at the Religious Activities Center, bldg. 682 Nov. 18, at 5:30 p.m. There will be food, fun and fellowship so come and enjoy! Please let us know if you are interested by calling Stephen Miller or Jane Collier at 561-3535.

Community luncheon

The Chaplain Community Luncheon is held every Friday at the Religious Education Center, building 682, from 11:30 a.m. - 12:15 p.m. Share songs, good conversation, community news, food. Food is good and the best price in town. For further information call 561-3535.

... the write stuff ...

by Richard Wetzel

*"'twas the night before my column was due,
and all through my mind,
not a lead paragraph was stirring,
not even an original line....."*

Sunday 7 p.m.

Has anyone noticed that some days are getting shorter than others? I think Monday and Wednesday stole a couple of hours from Saturday and Sunday...Ever since I woke up this morning, I've had this feeling it was Sunday, but as soon as the sun went down and I sat down to the typewriter, Monday morning suddenly began....I realize we're understaffed in the office, Mr. Mahoney, but tampering with the calendar and the clocks is unauthorized!!!!

There are certain privileges bestowed upon the members of the press. We're the first ones to see a movie and the first ones to tell you why you won't like it...Take for example, the press screening of "Garbo Talks," a harmless enuff film, although I think I was more impressed with the screening room and the fact the movie started exactly at 8 p.m., than I was with the film itself..."Garbo Talks" stars Anne Bancroft as a dying woman who wants to meet the reclusive Greta Garbo, and the efforts of her devoted son to make that last wish come true...You can say a lot of nice things about this movie; the plot is believable, the characters are convincing and the film doesn't

hurt or offend anyone. I didn't get sick nor did I feel the need to check under my bed for monsters afterwards...But the real highlight of the film is the ancient film clippings of Garbo, draped throughout the movie..."Garbo Talks" is suitable for anyone, of any age, but may be of particular interest to anyone who still doesn't understand what made Greta Garbo a legend....

Before the daylight hours dwindle any further (or get stolen from by Monday and Wednesday) take advantage of what you have and get outdoors...A trip to the city this weekend might produce a little laughter at a STREET FESTIVAL, presented by the Upper Fillmore Association. Benefitting the Kevin Collins Foundation, Turk Murphy and his band as well as local celebrities and comedians will be on hand from noon to 4 p.m. tomorrow....

You can quote a colonel, you can quote a senator or actress, but how do yo quote a postcard?????...This comes from the San Francisco Repertory Theatre:

"It is a little known story that on October 27, 1862, on the land now occupied by Harts Restaurant, Madame Millicent Margaret O'Flaherty was murdered by a drunken outraged customer before he paid for his evening's "entertainment." Every year since, on the same date, mysterious noises and sightings occur. It is a matter of record that on in 1903, Mrs. Livonnia Greystone fled the

premises screaming in horror; she never did speak coherently again."

The end asks the reader, is it "fact or fiction? Do you have the nerve to find out?"...Well, you're given the opportunity to find out tomorrow, at 230 California Street at 7 p.m....\$10 if you are in costume, \$12 if you are not....

ONLY 58 SHOPPING DAYS 'TIL CHRISTMAS (well, I figured Halloween is almost over, why wait till the last minute)...For the person who has one of everything or the person who has nothing and wants to stay that way; gift certificates are available for Balloon Rides (we're talking hot air and cold cash)...Cost is \$125 per person, includes a champagne reception, and a picnic lunch after the flight...I think it might be more interesting if they served the picnic during the flight, but I guess birds do enuff harm...For reservations and information, call 707-253-2224....

The Shanghai Puppet Troupe from the People's Republic of China will perform at 2 p.m. at the Chinese Cultural Center, 750 Kearny Street....FRANKEN and DAVIS from "Saturday Night Live" fame will appear at the Stone, 415 Broadway Nov. 7....

Someone sent this to me;

Ricky be quick,

Ricky don't beoutwitted,

Remember, good lines won't be permitted.

She may be sick, but her tongue's in the right place...in her cheek, of course.....

At the movies

Presidio Theater

Oct. 27 - Tighrope (R)
Oct. 28 - Tighrope (R)
Oct. 29 - Tighrope (R)
Oct. 30 - Dreamscape (PG 13)

7 p.m.
2 p.m. & 7 p.m.
7 p.m.
7 p.m.

Oct. 31 - Dreamscape (PG 13)
Nov. 1 - Revenge of the Nerds (R)
Nov. 2 - Revenge of the Nerds (R)

7 p.m.
7 p.m.
7 p.m.

Schwartz Theater

Oct. 29 - Ghostbusters (PG)
Oct. 31 - Tighrope (R)
Nov. 1 - Dreamscape (PG 13)

7 p.m.
7 p.m.
7 p.m.

Sports

Intramural flag football

As the season heads into the final week of play, the teams are playing more intensely and aggressively to try to gain a berth in the post flag football championship commencing on Monday evening, Oct. 29 at 6 p.m.

Currently Hqs. Co. Garrison is the leader of the pack with 6 wins and 1 loss. 864th Engrs with 4 wins and 2 losses and Oakland Army Base with 5 wins and 3 losses should be in the play-offs.

Defending post champions, Corps of Engrs., LAMC, 6th Army, LEC—all with identical 3 wins and 4 losses and Co. H, DLI with 4 wins and 4 losses will be battling for the final positions.

The top four teams will engage in a double elimination tournament to determine the post championship. The championship game is scheduled for 6 p.m., Wed., Nov. 7. All games will be played on the PX field located next to the Post Library. Come on out and support your team!

Last week's results

Oct. 15

6th Army 15 - LEC 12
H Co., DLI 8 - OARB 6

Oct. 18

OARB 26 - 864th 14
LEC 18 - H Co., DLI 8

Standings as of Oct. 18

	Won	Lost
USAG	6	1
864th	4	2
OARB	5	3
Corps of Engrs.	3	3
LAMC	3	4
6th Army	3	4
LEC	3	4
H Co., DLI	4	4
USAISC	1	7

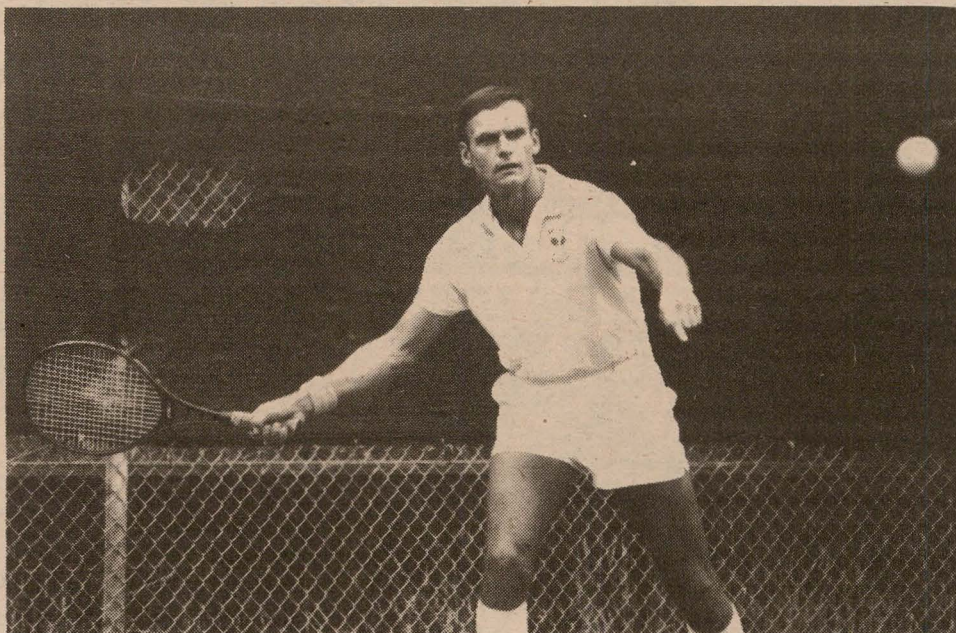


photo by Chuck Blancet

Match

LTC Nick Lapins participates in a recent tournament

Racquetball lessons

Attention racquetball players. Do you want to improve your game, or for beginners, learn the basic stroke and enjoy one of the fastest of indoor games? Carlos Farias, Presidio post racquetball champion will be giving free instructions at Post Gym no. 1 on Sat., Nov. 10 starting at 9 a.m. For sign-ups and information contact the Presidio Sports Office, 4120/5032.

Men's basketball

The post men's basketball team split their last two games by defeating Naval Station Treasure Island 107-104 in overtime and losing to Norton AFB 76-81.

The first game saw the Presidio team ahead by 5 points at halftime. Timely shooting by Oscar Hines (DEH) and Anthony Howard (Compact) lead the way. In the next half, Treasure Island rallied to tie the game and send it into overtime.

YA soccer standings		Coaches
Team		
Under 8 - Phantoms, 3-1-1		Howard Leverton & Dan Steven
Under 8 - Cobras, 2-2-1		Jerry & Terry Stinnett
Under 10 - Rowdies, 1-3-1		Wayne Jackson
Under 10 - Scorpions, 3-2		Ventura Rodriguez & John Ware
Under 12 - Cobras, 4-1		Rick Roach
Under 14 - Earthquakes, 1-3-1		Fred Bruhn

Each team traded baskets until Treasure Island got into foul trouble trying to contain Rudy Russell (USAG) and Dave Bernstein. These two players scored on 7 out of 8 freethrow attempts. The reserve players contributed to this early season win.

High Scorers

Dave Bernstein	21
Anthony Howard	18
Rudy Russell	15
Kevin Buckles	14
Tim Peterson	11
Oscar Hines	10

Post Gym No. 1 Closure

Post Gym No. 1, Bldg. 63 will be closed all day on Oct. 28, for the U.S. Military Academy Physical Aptitude Examination. All tennis reservations should be made by Saturday Oct. 27, for Sunday Oct. 28.

Thanksgiving turkey golf shoot

The annual Thanksgiving Turkey Golf Shoot Tournament will be on Thursday, November 15, at the Presidio Golf Course. Tee off times will be between 8 and 9:30 a.m. Soldiers assigned or attached to the Presidio of San Francisco are eligible to participate in the tournament.

Awards (turkeys) will be presented to the top finishers in each division.

For sign-up or information, call the Sports Branch office, bldg. 63 at 561-4120/5032.

The next night saw our team play poorly against Norton AFB. Various players missed uncontested lay-ups which prevented victory. Billy Ruffin (LAMC) was the top scorer with 22 points.

Coach Bob Mabrey is still optimistic about his team, as he stated that they are improving each week. The season is a long one and if all the players jell together it will be exciting. Mabrey also stated his thanks to assistant coaches William Ray (DEH) and John Malone (USAG) for having contributed much to the team's success.

Jimmy the Freak

All of you out there understand that my predictions are meant *only* for entertainment. You *do* know that don't you? If I *had* bet a little egg money on my predictions.... well, I just want you to know that I would be ahead. With my winnings, I figure that I could afford a luxury vacation trip. San Mateo is nice this time of year, isn't it? Besides the trip, I could afford to splurge on several packs of the best bubble gum as well as a pack of "El Ropo" cigars. And you thought that I didn't know what I was doing!

Houston 27 Cincinnati 20

After the way the Oilers battled the 49ers, you have to expect them to win sometime soon. This should be the week - the Bengals get Mooned in the Astrodome!

Dallas 31 Colts 21

If the Cowboys' defensive backs can avoid tipping the ball to the Colts' receivers! Dallas should win this game handily. Gary lowers the hogeboom on Indianapolis (or wherever that jerk Bob Irsey stores all of his chins).

Green Bay 30 Detroit 23

This will finally be the week that Lynn Dickey throws the ball for 300+ yards and the Packers take advantage of it. If I were coach Gregg, I'd trade the entire defensive unit for a '52 Rambler.

Chicago 26 Minnesota 20

Walter Payton should be geared up for his nor-

mal 100+ yards rushing, and McMahon should get at least two touchdown passes against the porous Vikings. Jimmy Brown had better unretire soon - he's getting further and further behind Walter.

Miami 44 Buffalo 14

This is the "surest" thing since professional football began. The Dolphins have one of the strongest teams, while the Bills are the most inept since the first Tampa Bay team. Oh, well.... what do you expect from a team that has a coach named Kay?

Los Angeles Raiders 27 Denver 13

Tom Flores finally figured out what everyone else has known for two years—Marc Wilson is a better quarterback than Jim Plunkett. He should lead the Thugs to an easy victory.

San Francisco 30 New York Giants 21

There should be a traffic cop at this game to give directions - because teams are heading oppositely. The Redskins should be near the top of their division. Look for the Giants nearer to the bottom.

San Diego 35 Seattle 30

If you like a bunch of scores, this is the game to watch. This game should produce the most points of the week. I look for Fouts and Company to come out smokin' after their close loss to the Raiders. If Winslow hadn't been hurt, the score would have been higher.

New Orleans 20 Cleveland 17

The Clowns...oops... Browns couldn't buy a score against a weak Cincinnati team... how do they expect to compete with a strong Saints defense?

New England 31 New York Jets 27

These are two of the most difficult teams to figure. They both have loads of talent... and both have the motivation of a snail with a limp. I guess the winner will be the team that will out-yawn the other.

Atlanta 27 Pittsburgh 23

The Steelers are more up and down than a carousel operator. One week they beat the 49ers, and the next they take a dive against the Colts. Aint football grand?!!!

St. Louis 35 Philadelphia 12

The Cardinals have established themselves as one of the powers in the entire NFL. The Eagles have established themselves as Disneyland of the East. Why else would their owner act like he's Goofy?

Kansas City 26 Tampa Bay 17

I told you that John McKay would find a way to lose last week's game, and he did... he found his way to the stadium and ruined any chance his team had. If he finds his way to Kansas City, the Bucs may as well forfeit the game.

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Star Presidian

Vol. 27, No. 43

"Published in the interest of the people of the Presidio of San Francisco."

November 2, 1984

News briefs

Irwin Memorial Blood Drive

On the 13th and 15th of November we will have the opportunity to participate in a program which could save the life of one of our fellow Presidians ... perhaps even YOU. Irwin Memorial Blood Bank is experiencing a critical shortage of donations. Irwin is the primary source of blood for Letterman Army Medical Center and the Presidio Civilian Employees' Blood Fund.

"If blood donations continue at the present rate, Irwin Memorial Blood Bank will deplete its present reserves in about two months," Mr. Vince Yalon, manager of Hospital Services at Irwin Memorial Blood Bank, recently told key persons for the All-Presidio Fourth Quarter Blood Drive. He further stated that all of the blood banks in the Northern California area are experiencing the same critical shortage of donations, and perhaps the greatest cause is fear of contracting Aids. Let's state once and for all for the record...*you cannot get Aids from donating blood.* The plastic containers, tubing and needles that are used are all completely new, used once, and thrown away. Now that that's settled, let's get on with three good reasons why you should consider donating blood.

First of all, odds are that at some time in the future you, or a member of your family, will need blood. When this occurs, time and availability of blood are the critical elements of success. Each donation you make helps ensure that when the time comes all will be ready. Second, did you know that as a Presidio employee, you are eligible to draw from the Presidio Employees' Blood Fund?

Lastly, in addition to the time it takes to travel to and from the blood donation site, donors will be authorized up to four hours of excused absence for recuperation on the day they give blood. So check with your supervisor, grab a friend and come see us at the NCO Club on the 13th of November, or at the Log Cabin on the 15th, and then go home, put your feet up, and relax knowing that you have done a marvelous thing for a fellow human and, perhaps for a fellow Presidian.

Great America Family contest

This contest provides an opportunity recognize families for their contribution to the betterment of life in our community. Applications will be judged at installation level. The winner will become Presidio Family of the Year. Winning application will then be sent on to FORSCOM for judging in the Great American Family Awards program.

Contest closes no later than close of business Nov. 16. Applications and information may be obtained at ACS bldg. 214, or by calling 561-5155/5256.



Do Your
Duty

VOTE

NOV. 6

Exceptional Family Member Program

by Marty Clark

Early in her pregnancy, Bonnie Boyd came down with Rubella. Eight months later she gave birth to a squalling, healthy baby boy. Robert Boyd is now 14 years old. He is a bright, personable young man who also happens to be deaf and multi-handicapped. He needs special education, physical therapy and recreational services.

Steven Humphrey is the 8 year old son of Major Janet Curtis. He is severely handicapped due to a virus that affects the development of his brain cells. At present the virus is lying dormant. He also has cerebral palsy. Steven cannot speak. But he can smile and he does that with great vigor and delight. His needs, and those of his family, are many.

Under the direction of Army Community Services, the Exceptional Family Member Program (EFMP) has been instituted to assist families such as the Boyds and Curtis'.

The EFMP was established initially to identify service members who have a spouse or child with a physical, emotional or intellectual disorder requiring special schooling, therapy or medical attention. This identification process enables assignment authorities to consider a family member's special needs during the assignment selection process.

But the program only starts there. Presidio Army Community Service provides a wide range of services to families enrolled in the EFMP. As of July 1, 1984 the EFMP coordinator at ACS has organized a program that now provides information and referral, assistance with school placement, recreational and social activities, respite care, advocacy, and a new parent support group.

"We are really excited about the support group—Support For Parents With Special Children. The women who facilitate the group are both social workers who have handicapped children themselves," says Margie Dee, EFMP coordinator. The support group meets at the Religious Activities Center, bldg. 682, on Mondays from 12:15 to 2:00 p.m.

Mrs. Dee also has a deaf multi-handicapped son. "Every time we have been transferred we've gone through the same frustrating cycle of trying to find good educational and professional facilities, and there was no one place we could go to get the information and assistance we so desperately sought. When I was given the opportunity to develop the Exceptional Family Member Program at the Presidio, I grabbed it. As a parent and military family member, I think we have set up a professional and efficient service here at ACS. I'm proud of the work we are doing!"

According to David Ciechanowski, Chief, ACS, "These programs to assist families with handicapped members have been slow starting here, and on other Army installations, because the need is less visible than other family oriented problems. There are several reasons for this. First, I think that parents of handicapped kids gear themselves to deal with the additional burdens involved and are more reluctant to ask for assistance."

"Secondly, many soldiers and families mistakenly believe that having a handicapped family member will hinder assignments, military schools or promotions. They do not realize that

Please see page 3

Opinions

TAKE A BITE OUT OF CRIME

Smoke dope; see your career go up in smoke

Before the U.S. Army tested soldiers' urine for marijuana, soldiers who selected to use marijuana would normally go undetected, unless they were careless. The users of marijuana were on safer ground than hard doing users or heavy drinkers. The only real threat were the marijuana detection dogs. A classic example of how technology effects the human condition, is illustrated by the U.S. Army's marijuana urinalysis program. Since July 1983, when actions were implemented against soldiers who had positive urine tests for marijuana, the positives have declined from 10 per-

cent to 3 percent on the Presidio. Even marijuana apprehensions have declined. When considering the geographic location of the Presidio and that the Army incorporated the age groups most prone to marijuana use, the decline is phenomenal.

The issue of marijuana use and the urinalysis program is controversial. Perhaps the bottom line is prior to any person entering the Army, they are informed of the fact that the Army takes a dim view of marijuana use. When a soldier is sworn in, he/she agrees to obey the rules, regulations and commands of those appointed over him/her. The basic doctrine of the urinalysis program is that everybody from generals to privates are tested at least once a year. The fact that the active ingredient of marijuana (TMC) is non-soluble in water, means it can stay in the body for over 30 days or longer. The irony of today's Army is now marijuana users are more vulnerable

to detection. There is no way a soldier in today's Army can use marijuana and have peace of mind, because he/she never knows when they will undergo their next urinalysis test. The soldier has two rational options, either quit marijuana or quit the Army. The days of juggling the two are gone.

Some people argue that the urinalysis program violates their constitutional rights and the fact everybody undergoes the program, does not violate individual rights. Some civilian organizations require periodic urinalysis testing as a condition to employment. Perhaps the main ingredient here is: people are forewarned before they join an organization.

Drug use is culturally and individually defined. No matter what your attitude is toward drugs, when it comes to paying another person money for a service, we tend to lose confidence in their professional abili-

ty if they exhibit a "spaced-out" disposition that we attribute to drug use. Even the user of drugs would be reluctant to hire a mechanic, lawyer, accountant or doctor who he thought was "spaced-out" on drugs. Army's attitude is basically the same, but on a larger perspective.

For those who have quit smoking marijuana because of the current dangers, you should also consider how much money the Army has saved you. More important, your lungs underwent less wear and tear. When re-entering the civilian workforce, soldiers should consider using the urinalysis program as a selling point, in that you have been U.S. government inspected to be drug free. That means a great deal to civilian employers. Those soldiers who are not fully convinced they should not stop smoking marijuana are playing a dangerous game, and the tragedy is, when they get caught, their careers go-up in smoke.

Editorial

Do, don't's of politics

How to stay clear of voting trouble

As the Nov. 6 presidential election approaches, soldiers and civilian employees of the Army will probably see increased political activity in the community.

All Americans over 18 have the right—and the responsibility—to vote. But some people may be confused about their rights and responsibilities with regard to this election.

Soldiers face many restrictions in supporting candidates. Some are:

- ✓ Soldiers may not solicit, receive or make political contributions from or to an officer or employee of the federal government.
- ✓ Soldiers may attend political meetings as private persons. But they must avoid any activity which might imply official endorsement of any political organization;
- ✓ Officers and NCOs can't tell

their subordinates how to vote. They may, however, engage in free discussion with them about candidates and issues; and

- ✓ Military personnel may not run as a partisan political party's candidate for office.

The Hatch Act defines the limits of federal civilian employees' participation in political elections. These employees may:

- ✓ Register and vote as they choose;
- ✓ Assist in non-partisan voter registration drives;
- ✓ Express opinions about candidates and issues;
- ✓ Participate in campaigns where none of the candidates represents a political party (except that employees may not make political contributions to an officer or a federal government employee.

- ✓ Contribute to political organizations and attend political fundraisers, rallies and meetings;

- ✓ Wear political buttons, badges or stickers;

- ✓ Join political clubs or parties;

- ✓ Sign nomination petitions; and

- ✓ Campaign for or against referendum questions, constitutional amendments or municipal ordinances.

Civilians are not allowed to:

- ✓ Be candidates for public office in partisan elections;

- ✓ Campaign for or against particular candidates or slates of candidates;

- ✓ Make campaign speeches or take part in other campaign activities to help elect particular candidates;

- ✓ Distribute campaign materials for particular candidates or parties;

- ✓ Collect contributions or sell tickets to political fundraisers;

- ✓ Organize or manage political rallies or meetings;

- ✓ Hold office in political clubs or parties;

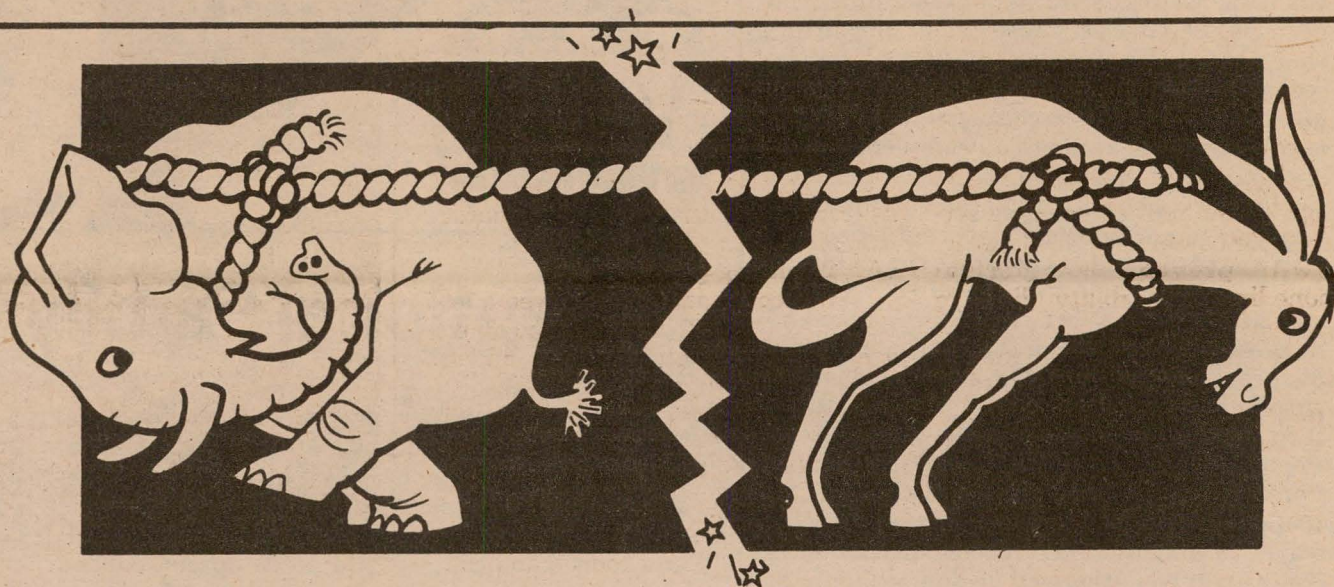
- ✓ Circulate nominating petitions, or

- ✓ Work to register voters for one party only.

Soldiers and civilians are urged to vote. Supervisors cannot use their authority to influence the way subordinates vote, but they may and should encourage their subordinates to cast a ballot.

Remember: Every vote counts, but only if it's cast.

(Editor's note: This article was taken from *The Post, Fort Dix, N.J.*)



Vote with a friend; make it count more

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Exceptional Family Member Program

continued from page 1

this program is designed to help them in these very areas."

"Finally, I believe that in the military environment, where physical fitness/combat readiness is a high priority, the stigma of handicaps could be stronger than in a civilian environment. We can do a lot in this area to de-mystify handicaps and

create more acceptance and understanding in the community."

In order to ensure that new programs and existing services are meeting the needs of the Presidio community, ACS encourages families with special needs to contact Margie Dee at 5155/5156.

Phone system fraud assault launched

USAISC-Presidio launches assault against personal and fraudulent use of the official telephone service. Fraud and personal use of the official telephone system at Presidio of San Francisco costs the government thousands of dollars each month. Measures instituted earlier reduced the monthly telephone costs by \$12,000. The conversion of government quarters, BOQ's/BEQ's etc., from class B unofficial telephone service to commercial service, the automation of Wide Area Telephone Service (WATS), the acquisition of the Least Cost Routing (LCR) System, and the most recent addition of Federal Telephone Service (FTS) has enabled us to install toll restrictors on our telephone system. It is anticipated, with the addition of FTS and toll restrictors, that we will be able to reduce the monthly telephone costs by an added \$30,000., while providing better telephone service to all our customers. Toll restrictors will prevent commercial telephone line accessibility (dial 9 or 89 telephone calls) from being achieved outside the 415 area code dialing region.

Effective Nov. 5 all callers must use the Least Cost Routing (LCR) to

place long distance and long distance information calls outside the 415 area code, WATS 800 calls, WATS information (800-555-1212), FTS (7-digit FTS numbers will use area code 211, (e.g. 211-855-5487), and calls to Puerto Rico and Alaska. The LCR records and provides a printout of each call to include the LCR caller identification, time, number called and length of call. The printouts are distributed to Telephone Control Officers (TCO) for review. All detected personal calls will be billed to the responsible individual at the prevailing commercial rate, plus 3 percent tax and a \$7.00 administrative charge for each call placed. Fraudulent calls will be investigated by the appropriate criminal investigating activity.

Operator assisted calls will be placed through the Presidio Operator by dialing "O". Callers will need to dial "O" for local information (411), collect, third party, credit card, international, data transmission by FTS and all dialing problems.

Your command has received a letter dated Oct. 23, outlining the above information in detail with an addendum to be distributed and placed in the Post telephone directory.

Health Consumer Advisory Committee

Letterman Army Medical Center wants your trip to the hospital to be as painless as possible. Despite the center's best efforts, however, occasionally something goes awry. In order to improve its services, LAMC needs to know about your difficulties, questions on policies and ideas for changes. To make it easier for you to express your concerns, LAMC hosts a quarterly Health Consumer Advisory Committee meeting, open to all of the hospital's users. The next meeting is Nov. 7 at 10:30 a.m., in room 358 of the main hospital.

At the committee's meeting, representatives both from the hospital's departments most directly involved in providing care and from groups which use LAMC discuss problems, changes and policies which affect health care delivery. From that interaction, Letterman gains a better idea of how well it meets its patients' needs. Patients, in turn, benefit by learning more about how the military

health care system works and how to best take advantage of Letterman's services.

If you can't come to the Nov. 7th meeting yourself, pass your thoughts on to your Health Consumer Advisory Committee representative. Representatives from the Presidio US Army Garrison, the Sixth Army Staff Medical Advisor's Office, 864th Engineers, Letterman Army Institute of Research, 6th Recruiting Brigade, DARCOM Logistics Control Activity, Military Traffic Management Command, Veterinary Service, Army Community Services, and the NCO Association attend the meetings.

By becoming involved in LAMC's health consumer affairs, you help Letterman see how well it performs from the patient's perspective. Your involvement will enable LAMC to provide quality medical care and make you a better informed health care consumer.

Complaints Opinions?

Got a beef? Want to know where is the beef? Call the Presidio Actionline at 561-LINE. All names will be withheld and kept strictly confidential.

Or would you rather put your comments in writing? Then send a

letter to the Editor. Just address it to:

Dear Editor...
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Feature

San Francisco Bay marks 215th anniversary

by Melvin Wong

San Francisco Bay is among the world's great natural harbors. This Nov. 2nd marks the 215th anniversary of the bay's and Presidio's discovery in 1769. Yet, for over 200 years earlier this bay eluded mariners as they sailed offshore.

Only 50 years after Columbus discovered the New World, a Spanish ship was already exploring the California coast in 1542. Legend had it that the area was a lush island rich with gold and pearls. It was said to be inhabited by Amazons ruled by the beautiful Queen Calafia (hence the name California).

The famous British buccaneer Sir Francis Drake also explored the area in 1579 and most likely stopped off Point Reyes 25 miles northwest of San Francisco. There has not been any evidence Drake knew of the bay.

By this period, Spain colonized the Philippine Islands and established a thriving trade between the Far East and Mexico. Ships known as Manila Galleons hauled rich cargo across the North Pacific, sailing by California and ending at the Mexican port of Acapulco. The voyage was the longest (7-9 months) and most dreadful in the world. Food and water were usually completely con-

sumed and scurvy weakened the sailors. Upon reaching the California coast the crews were decimated and the ships leaking and battered from storms.

A port of call in California might have lessened the ravages of such a voyage. Ships would be able to obtain provisions and repair damage. In 1602 a Spanish expedition found and charted San Diego and Monterey Bay (present-day Fort Ord overlooks it). However, San Francisco Bay remained undiscovered.

Since Spain was occupied elsewhere in its vast empire, it was not until 167 years later that they colonized California (specifically San Diego) in 1769. A land party went north to Monterey but the bay did not fit the early description of "a fine harbor sheltered from all winds". Therefore, the Spanish continued northward. On Nov. 2nd a hunting party climbed a hill (Sweeney Ridge) and observed a magnificent panorama described in written accounts as "a great arm of the sea, extending to the southeast farther than the eye could see." It was San Francisco Bay! The great harbor that had eluded discovery from sea had finally been sighted from land.



Meanwhile, the Spanish vanguard had proceeded onto the Presidio of today and to the tip of the San Francisco peninsula. As with their compatriots on Sweeney Ridge, likewise, the vanguard beheld a sweeping view of the bay and also the Golden Gate. (It was in 1846 that Army Captain John Fremont actually christened the entrance as the Golden Gate). The expedition's priest wrote "it is a very large and fine harbor such that not only all the navy of our most Catholic Majesty but those of all Europe might take shelter in it."

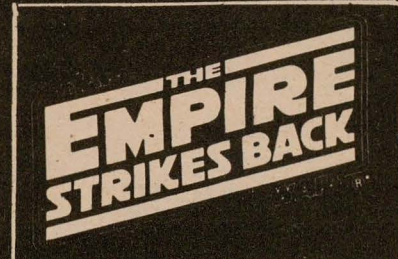
Ironically, the expedition leader, Gaspar Portola, regarded the bay as an obstacle to further advance northward. The Spanish were low on provisions and winter was approaching. The dejected Portola and expedition returned wearily to San Diego. It was not until several years later that the Spanish decided to settle San Francisco.

Today, Sweeney Ridge, in Pacifica, is preserved by the National Park Service and is administrated by the Golden Gate National Recreation Area. For information on the area, call 556-0560.

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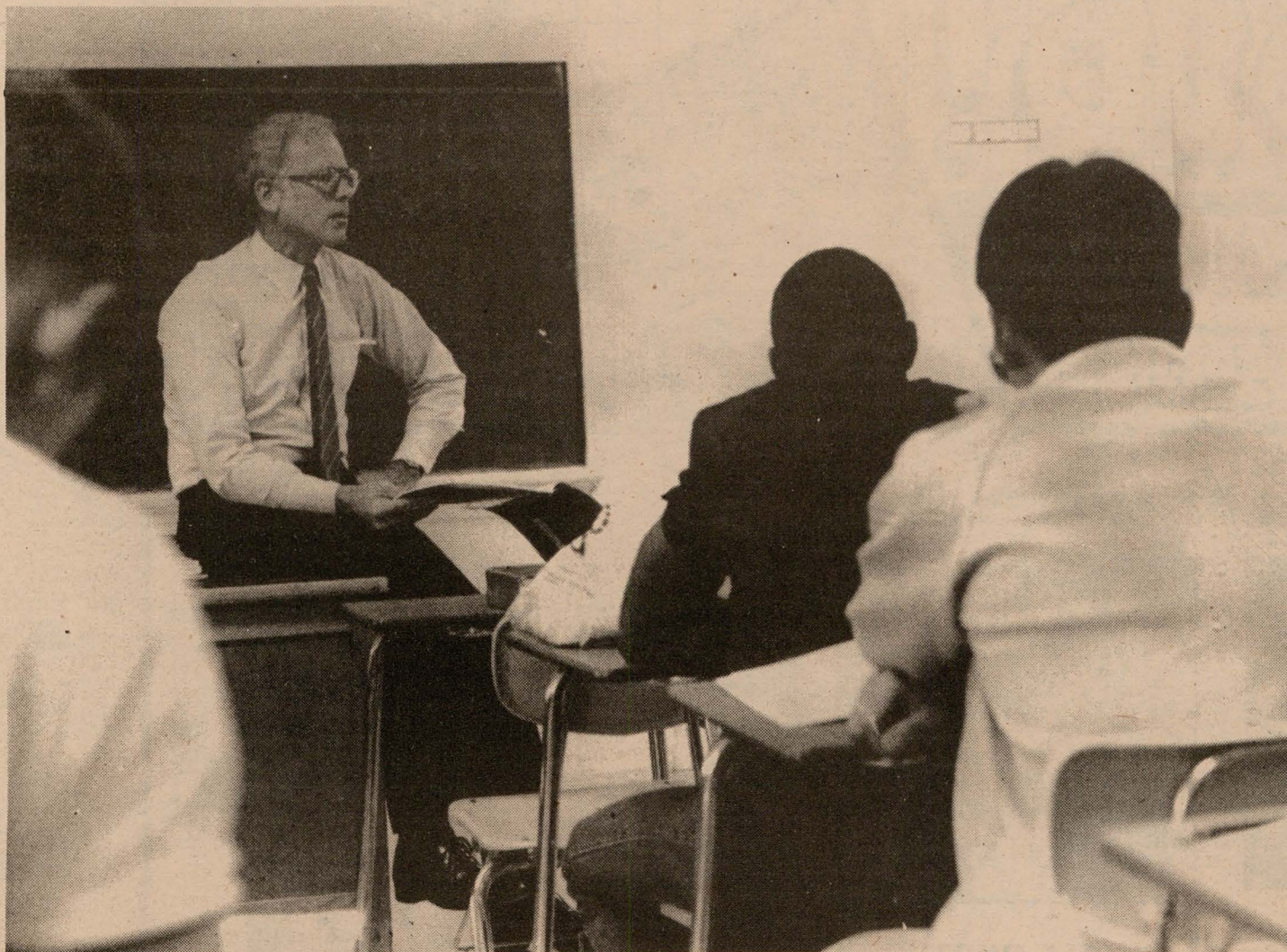
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Instructor Mike O'Neill at work.

FREE CLASSES

Basic Skills Education Program

by Harla Quinn

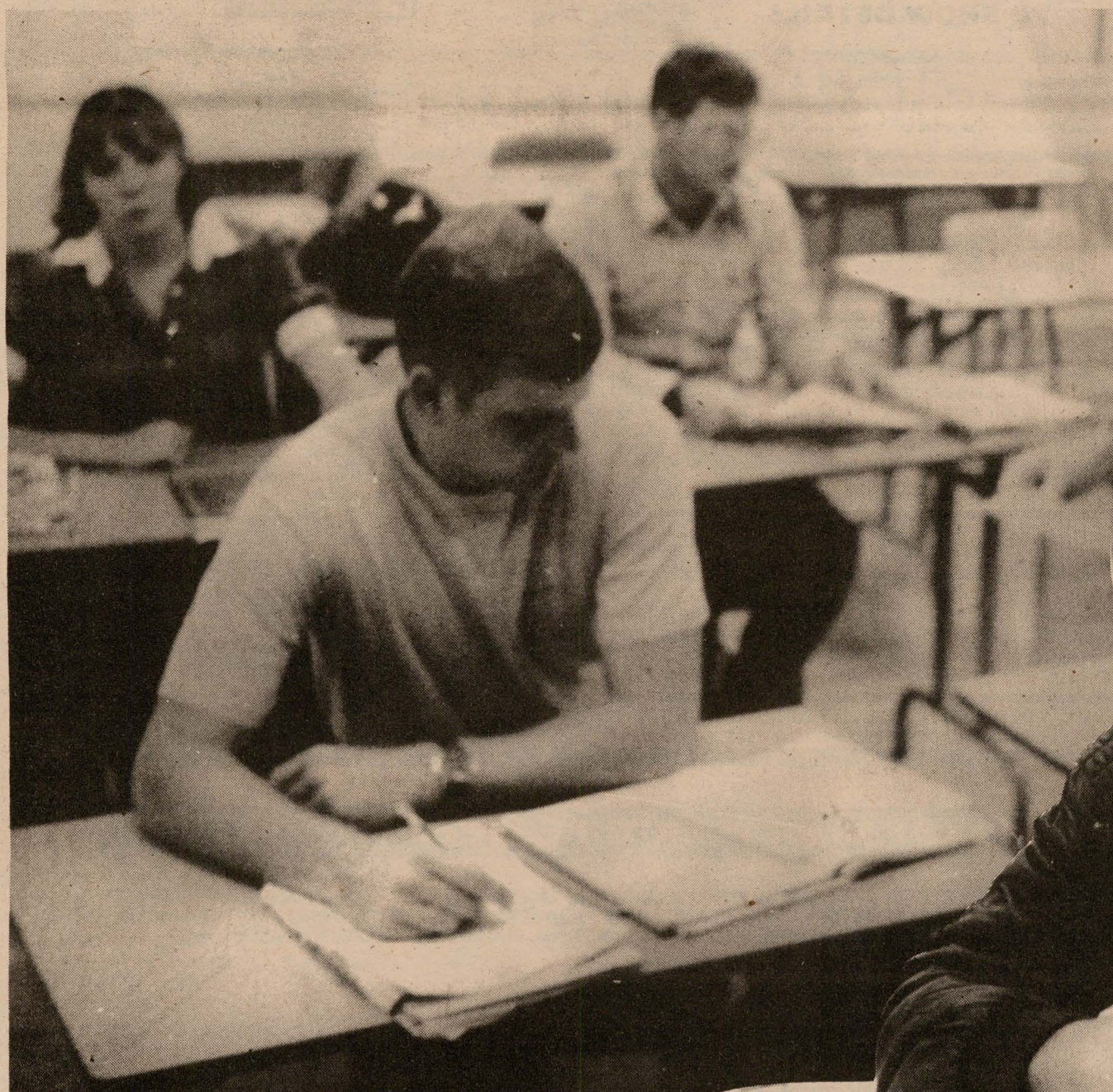
The Basic Skills Education Program (BSEP) provides free on-duty classes in reading, writing and math to soldiers who need to improve these skills for performance of military duties. The program can also help soldiers prepare for high school equivalency tests or for raising GT scores to qualify for reenlistment, promotion or service schools.

The BSEP classes are held at the Education Center at Fort Scott Monday through Friday, from 8 to 11:45 a.m., for ten consecutive weeks.

You may qualify for the program if you:

- have trouble with English
- scored below 100 on the ASVAB
- score less than 80 on the Skills Qualification Test (SQT)
- have your commander's approval.

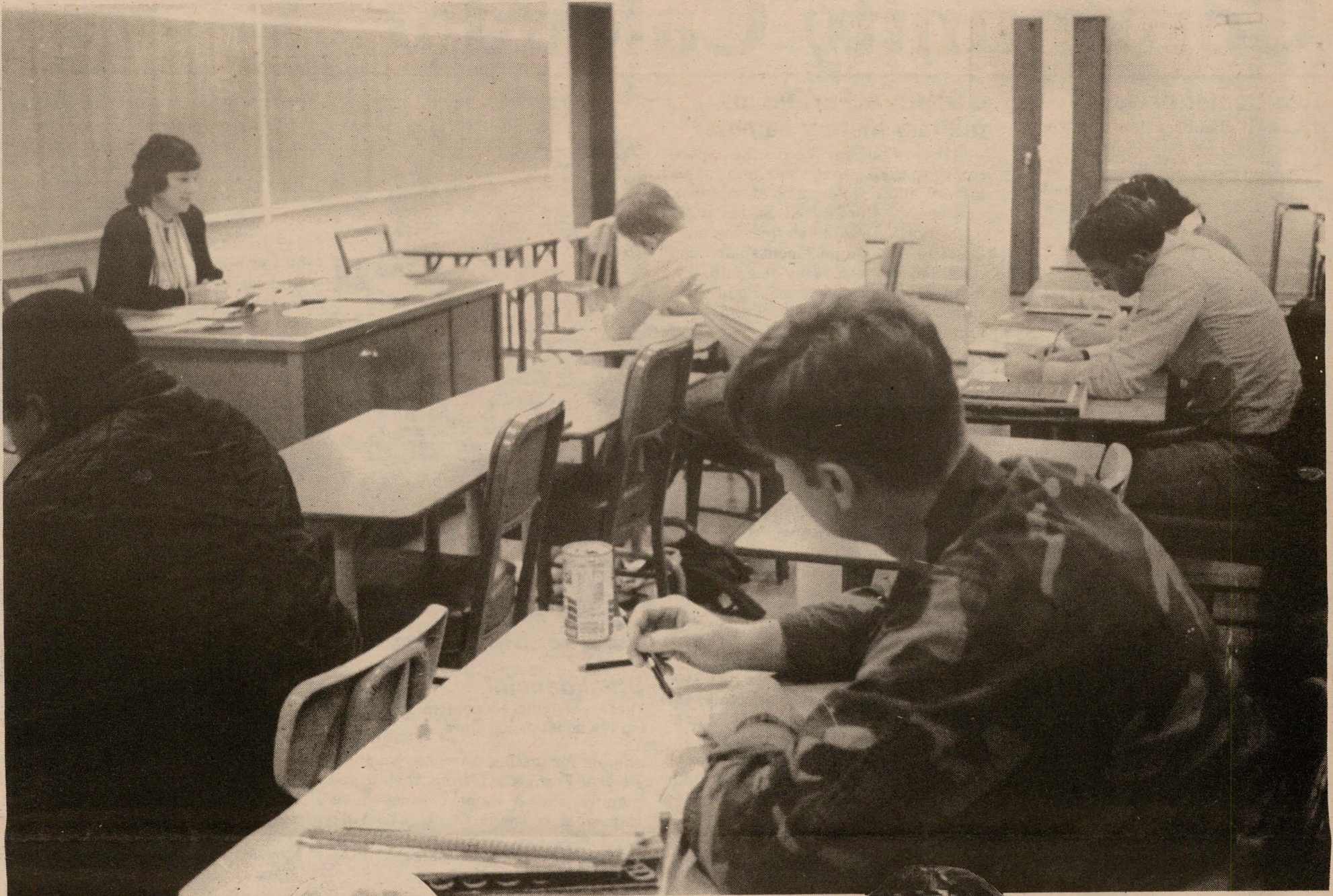
Counseling services are provided by professionally-trained education specialists who are qualified to assist the individual in establishing and educational goal and to advise on local opportunities available to progress toward the goal.



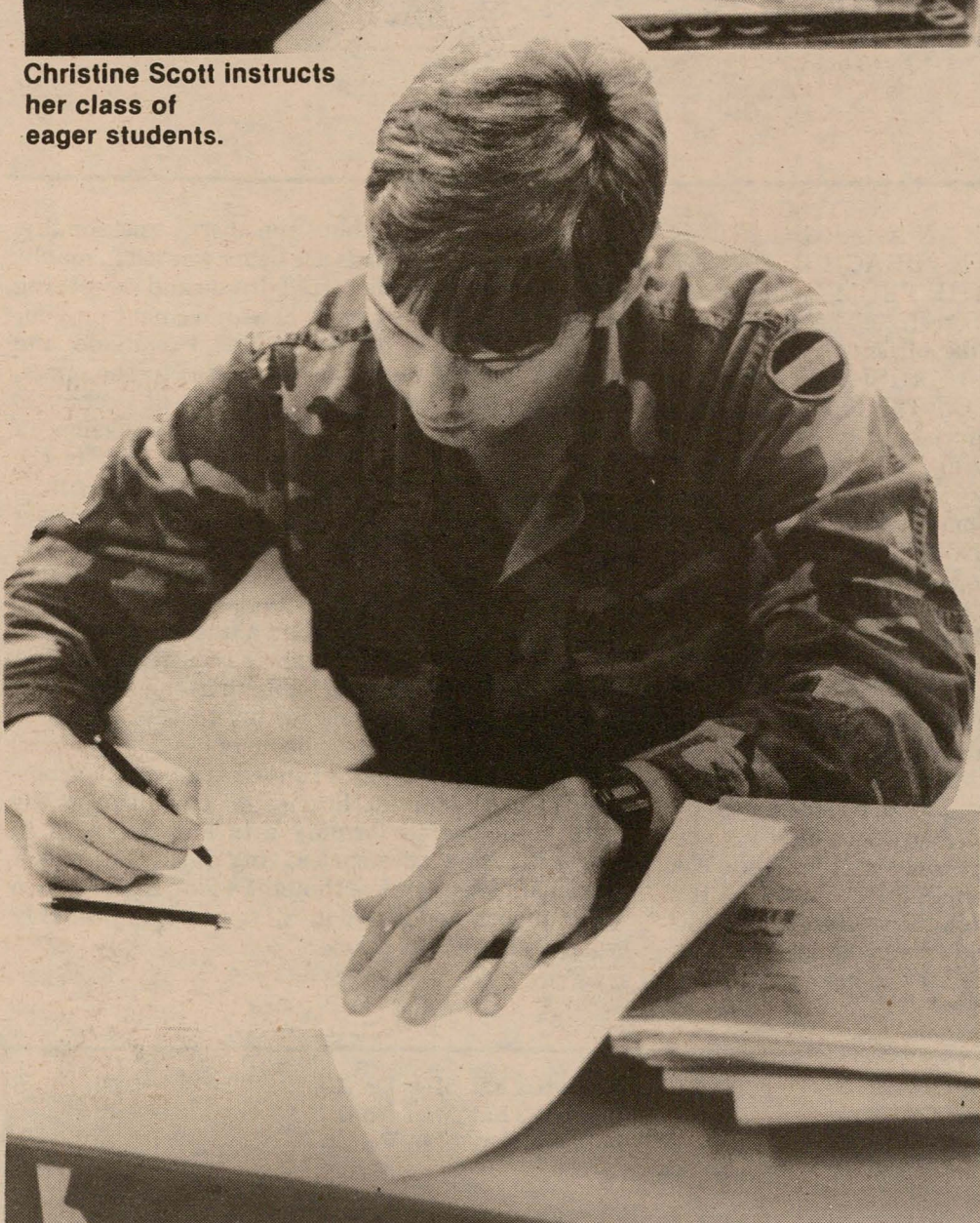
Students Pfc Jim Irish, Sp5 Mark Young and Sp4 Susan Gonzales take notes.



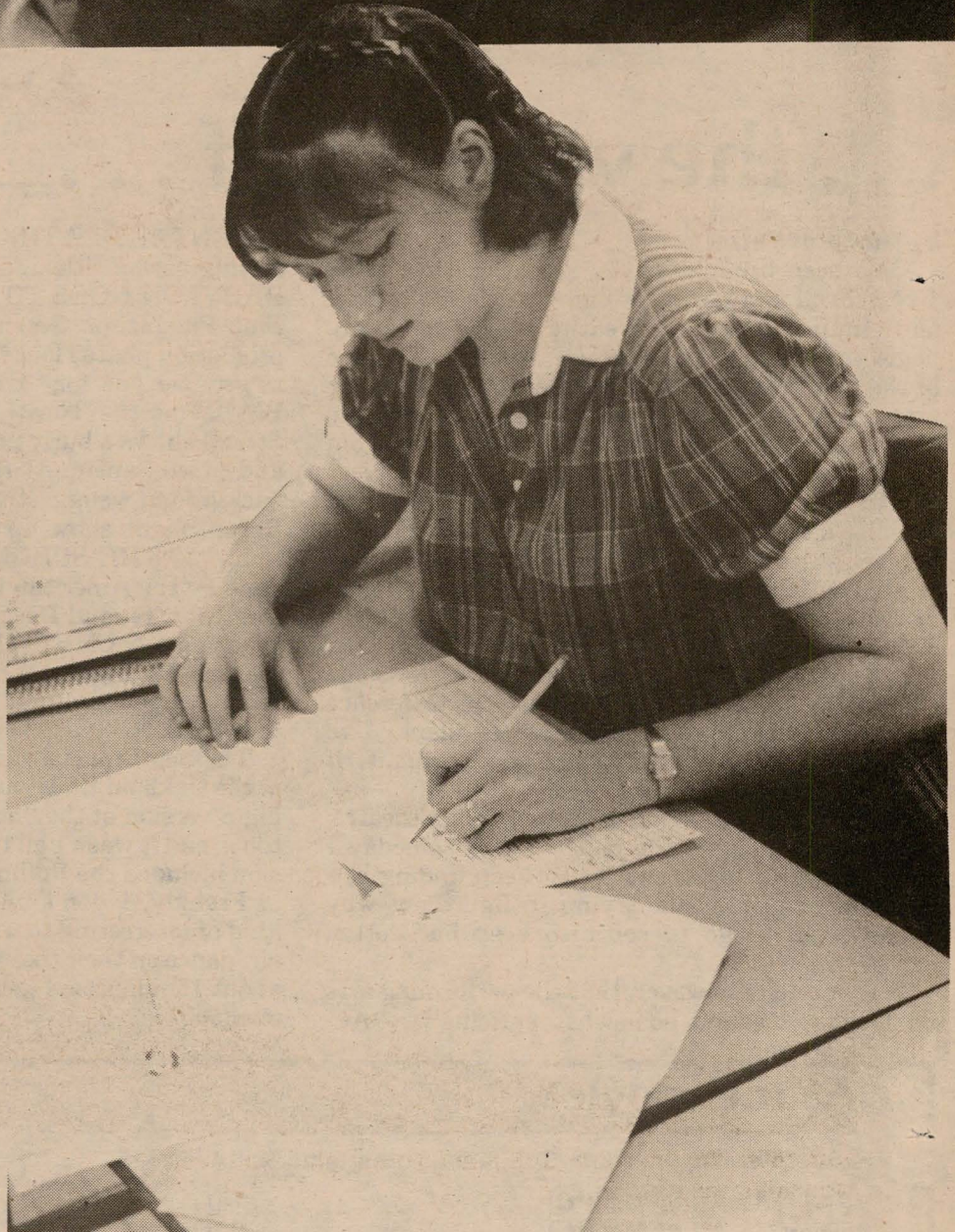
Sp4 Tony Cleveland concentrates on his studies.



Christine Scott instructs
her class of
eager students.



Pvt Jacob Roberts hits the books.



Sp4 Susan Gonzales studies for a test.

Community Calendar

Rec Center news

Tours: (1) San Francisco Newcomers Tour, Wed., Nov. 7, 10am-2pm, cost \$5.; (2) Angel Island Picnic Tour, Sun., Nov. 4, 9am-5pm, cost \$5. plus Tiburon Ferry; (3) Point Reyes, Muir Woods, Pelican INN Tour, Sat., Nov. 10, 9am-6pm, cost \$5.; (4) Volksmarch Placerville Tour, Sat., Nov. 17, 9am-6pm, cost \$7.50; (5) A.M. San Francisco TV Show Trip, Fri., Nov. 23, 9am-noon, cost \$3. Sign up for all tours at the ITT office, bldg. 385, phone 561-3992.

New Classes: (1) Ballroom Dance, Mondays, ongoing, 7:30-9:30 at the Log Cabin, bldg. 1299, cost \$3.; (2) Adult Tap, Jazz, Ballet class, Thursdays, 7-9pm at the Log Cabin, cost \$24./month; (3) Guitar lessons, Thursdays of Nov., noon-3pm, cost \$10.1/2 hour for a private lesson or \$10/hour group lesson, minimum 3 people; (4) Computer Certification Class, starts Tuesday, Nov. 13, 7pm, 12 weeks/\$150. James Melton Instructor; (5) Bridge, Bid Whist lessons, meet at the Recreation Center, Thursday, Nov. 15, 7pm. Instructor Ophelia Hilton, classes are free.

Special Events: Seasonal Desserts Workshop, Sun., Nov. 18th, 3-5pm, cost \$5. You get to eat the samples.

For additional information please call the Recreation Center at 561-2000 after 2pm. Hours of operation are: Sun-Thu & Hol, 2-9pm; Fri & Sat, 2-10pm.

GGNRA & Fort Point military history seminar

History buffs will have the opportunity to take a first-hand look at the history and development of seacoast defenses of the United States with special attention directed to the now obsolete gun emplacements surrounding San Francisco Bay at a military history seminar at Fort Point National Historic Site from 9 a.m. to 3 p.m., Saturday, Nov. 10.

The free program, consisting of slides, discussion and a visit to two historic coastal defense positions, will explore the first, second and third systems of coastal defense as used by the United States over the years. The speaker and guide to the old gun emplacements will be Colonel Milton B. Halsey, Jr., a member of the Sixth United States Army staff and a recognized military historian and expert on seacoast defenses.

Military Days at Disneyland

Now through Dec. 24 are Military Days at Disneyland. Tickets cost \$10. for adults and are reduced from \$14. These discounted tickets are available at the ITT Office located in bldg. 385. Hours of operation are: 11:30 to 1:00 p.m. and 2:00 to 5:30 p.m., Monday through Friday.

ASVAB testing

Next testing will be Nov. 8 at the Ft. Scott Education Center. Those

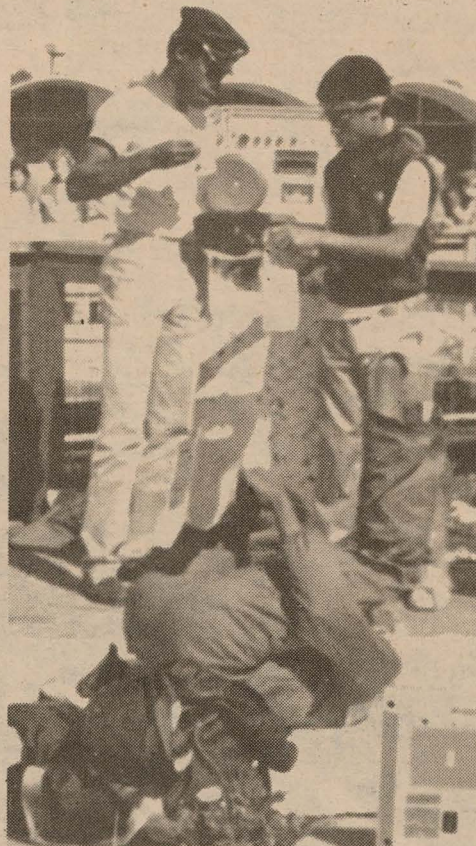


photo by Carol Couvaris

Breakdancing

These energetic youngsters are enjoying the latest dance craze.

eligible for testing must have a signed DA Form 4187 from their commander and 6 months must have elapsed since the last test. The 4187 must also note the re-test number, i.e., 1st re-test, 2nd re-test, etc. POC is SSG Leverette at 6012.

Holiday portrait photos

Holiday portrait photos will be taken Fridays, Nov. 9 & 16 from 6:00-8:30 p.m. and Saturdays, Nov. 10 & 17 from 11:00 a.m.-4:00 p.m. Price of \$20 includes photographer, film processing, sitting and five each 5x7 prints. All orders will be received by Christmas. Additional prints (any size) can be ordered. By appointment only. We encourage you to make appointments early. Call the Arts and Crafts Center, your alternative photographic source, bldg. 122, corner Lincoln & Riley. 561-4497, Tues.-Fri. 1-10 p.m.; Sat., 9am-5pm.

Win a turkey

Win your Thanksgiving turkey during Army Family Week along with other prizes and awards.

The Sports Branch and Youth Activities will be sponsoring athletic events during Nov. 17-21. All families are encouraged to participate in the following events: Bowling Tournament (Bowling Center), Family Fun Run (Crissy Field), Basketball free throw & Dribbling relays (Gym 1) and Swim relays (Post pool). Teams must be composed of family members: husband & wife, father & son, and mother & daughter, etc. All military families and civilian families must be attached to the Presidio. For more information contact Mr. Ray Mey at 5051 or sign up at bldg. 63 (Gym 1) before Nov. 16.

... the write stuff ...

by Richard Wetzel

It's been brought to my attention that while I've heaved and horrayed San Francisco's beauty and multi-cultural recreation, I've severely neglected the topic of what is considered to be one of the City's more elite past-times: the performing arts. I'm not saying the performing arts are necessarily upper-class; it just looks that way from down here.

It's not that I've overlooked the performing arts ... On the contrary, I've purposely avoided the subject ... Besides, I always thought that Johnny Rotten and Sid Vicious were sort of performing an art with the Sex Pistols.

I don't know much about the performing arts ... and I'm not going to pretend to. It's the same thing with fine wine. I don't know the difference between a good bouquet and a potted plant. I've always used the rule: if it tastes good, drink it; if not, spit it out and have a beer.

I think it might be fun to go to a dinner theatre, hear an opera or see the ballet ... and someday I will ... maybe ... right now I just keep finding better things to do ... like trying to figure out why Johnny had to go to court to keep his rotten name.

I won't deny however, that the performing arts do look and sound somewhat enticing ... "AC-

CIDENTAL DEATH OF AN ANARCHIST" is an interesting title ... so is "BEACH BLANKET BABYLON GOES TO THE PROM" (now at the Club Fuggazi on Green Street) ... The nerd in the promotion photos looks like a friend of mine ... The newspaper ads for "BILLY BISHOP GOES TO WAR" (at the Theatre On The Square on Post Street) shows a burly uniformed pilot with goggles and two antique flying machines in the background, suggesting that maybe the Red Baron might show up somewhere in the production. ... "THE SCHOOL FOR WIVES" is being done by the American Conservatory Theatre starting Nov. 14, and Dec. 1 through the 26th, they'll be doing "A CHRISTMAS CAROL" which I've seen on TV at least 17 times, 4 versions in 2 different languages.

"THE NUTCRACKER" seems to be popular ... The San Francisco Ballet is doing it Dec. 12-30 ... the Oakland Ballet and Marin Ballet are also doing a version of the "nut" ... I saw this one on TV too ... and it wasn't all that bad ... of course my version included the Rolling Stones in the soundtrack ... Frankly, I don't understand the ballet ... It's kind of interesting to watch the dancers leap in the air, dance on their toes and spin in circles, but after about 15 minutes, I get dizzy and have to turn the channel.

I know even less about the opera ... personally, I feel those vocal chords are being wasted ... maybe if they added some distorted drums and screeching guitars, you might have a new movement on your hands ... I have some friends (yes, I really do) and co-workers that have season tickets to the opera, and they seem like half-way intelligent people, so maybe there's something that I'm missing ... (taste?) ... I'm told "KHOVANSCHINA" is the name of a "sweeping Russian epic", "MUSSORGSKY" is the name of the composer and HELGA DERNESCH is one of the stars ... (at the San Francisco Opera Nov. 11, 14, 18, 27 and 30). Maybe I'd appreciate the opera more if I could pronounce the names and had a free pair of tickets!

As for the flash-style dance theatre or cabaret ... well, we have a young lad here in the office that provides enough dancing for my tastes

Now that I've simultaneously reached the conclusion of this ridiculous conversation and the bottom of the required third page, I shall drop the subject of the performing arts and continue to avoid it ... how does that saying go ... "It's better to remain silent and be thought a fool, than to open one's mouth and prove it" which is probably what I should have done.

At the movies

Presidio Theater

Nov. 3 - All of Me (PG)	7 p.m.
Nov. 4 - All of Me (PG)	2 p.m. & 7 p.m.
Nov. 5 - All of Me (PG)	7 p.m.
Nov. 6 - The Last Starfighter (PG)	7 p.m.

Schwartz Theater

Nov. 7 - The Evil That Men Do (R)	7 p.m.
Nov. 8 - The Evil That Men Do (R)	7 p.m.
Nov. 9 - The Evil That Men Do (R)	7 p.m.
Nov. 5 - Revenge of the Nerds (R)	7 p.m.
Nov. 7 - All of Me (PG)	7 p.m.
Nov. 8 - The Last Starfighter (PG)	7 p.m.

Sports

Flag football program

USAG won the Intramural League competition by beating 6th Army in their final league game, 34 to 2. This gave USAG a season record of 7 wins and 1 loss. USAG's quarterback, Rudy Russell, threw 5 TD passes that night. His mobility and quickness in the back field gave his receivers plenty of time to break loose from the defense and catch passes.

Finishing in 2nd place were the 864th Engr and OARB with 5 and 3 records. In fourth place there was a 3-way tie between LEC, LAMC and DLI, Co H with 4 and 4 records. Only 4 teams could play in the Post Championship playoffs. This necessitated a tie-breaker for the fourth position. On Oct. 25, LEC went against LAMC and beat them 14-0. The 1st half saw both teams scoreless. In the 2nd half LEC's quarterback, Gordon Moore, hit teammate Bobby Johnson on a short quick pass giving LEC its 1st TD of the evening. In the final quarter Gordon threw another short pass to Randall French for the final TD.

LEC then went against DLI, Co H. LEC started out in the 1st quarter with a 8 yd. TD run by quarterback Gordon Moore. An 8 point lead. In the second quarter LEC scored another TD. DLI, Co H came back with two TD's and tied up the score at 14 to 14 at half time. The 2nd half DLI, Co H quarterback Wayne Thomas threw two TD passes giving them the victory with a final score of 27 to 20. This put DLI, Co H into the Post Championship playoffs. The top 4 teams playing in the championships are:

USAG - 7-1 864th - 5-3
OARB - 5-3 DLI, Co H - 4-4

USAG is the favorite, but they can be upset by any of the other teams. The Championship game is scheduled for Nov. 7, 6pm at the P.X. Field (next to the Post Library).

Post flag football

The Presidio post flag football team has completed a successful season with a 12 and 3 record in the U.S. Navy's Central Pacific Sports Conference. Their high powered offense averaged 27 points a game and tough defense allowed only 18 points a game.

The air attack was led by star player Rudy Russell (USAG) who passed for an average of three TD passes a game.

His ace receivers were Cedrick Archie (864th Engr), Ray Leggett (USAG) and James Murphy (USAG). Defense standouts were Russell Toms (USF ROTC), Anthony Brown (DLI, Co H) and Rudy Russell (USAG).

Intramural basketball

The 1985 intramural basketball competition will commence on or about Dec. 3. The 1985 NCAA Basketball Rules as modified for intramural play by the Presidio Sports Branch will govern league and tournament competition.

A rules interpretation meeting will be conducted at 3 p.m., Wed., Nov. 28th at bldg. 63, Post Gym 1. Units/activities entering a team must have a representative at this meeting.

Copies of the PSF Sports Branch rules modifications may be obtained at the Sports Administrative office located in the Post Gymnasium 1, bldg. 63.

Presidio women trample Beale twice

Once again, the Presidio women's basketball team comes through in great form. Last Saturday, the Presidio women played not one, but two games against Beale AFB. In the first game, the women looked a little slow and tired from such an early morning start, but they didn't let that fatigue-look stop them from defeating Beale. They woke with a bang starting with Queen Risher, 12, scoring a total of 24 points. Followed by Paulette Brown, 33, scoring a total of 12 points and Center Cynthia Poole, 34, also scoring 12 points. The first game was as the coach called it, "A Wake Up". The Presidio women went on to win by a score of 48-40.

In the second game, the Presidio women decided to show Beale how awake they really were. The game started at a very fast pace with Presidio taking a 12 point lead, before the Beale women came alive. The Beale team came alive only to come within 4 points at the half, 48-44.

The Presidio women then really showed their stuff with Queen Risher, 12, again scoring 24 points, followed by Cynthia Poole, 34, 13 points and Paulette Brown, 33, scoring 12 points. Other scorers in the game included Debra Haile, 24, scored 8 points; Marcia Brown, 14, and Mary Carol Mellen, 23, both scored 4 points. The most improved player Lisa Wade, 5, obtained 2 rebounds and 3 assists. The game got so exciting that the coach scored 2 points, 3 rebounds and 4 assists. The Presidio team went on to beat Beale 67-40.

This brings the women's win/lost record to 3-1. The Presidio women

play again Nov. 2-4, in the Beale AFB Women's Tournament, with hopes of bringing home the trophies and the first place title ... SEE YOU THERE!

Post bowling team

The Presidio men's post bowling team was stomped by Castle Air Force Base, losing 25½ points while winning only 4½ points in the first set. In the position round against second place team Mather I, the Presidians won 11 points against 19 points for Mather I, and fell into third place. They are nine games out of second place and 14 out of first place in the Northern California Military Traveling League. Sun, Nov. 4 will be a home match for the team as the league moves to the Presidio Bowling Center. According to team captain Lenny Shanks, the team will be out to gain some ground in the league standings.

High games and scores by the PSF in their last match: Lenny Shanks (LAMC) 201, 207 / 557 and 571 series; Jim Seale (GGRC) 200/565; Dick Muller (USAISC), 200/580 series and George Arcaina (GARR) 208.

League play will commence at 11am on Sunday Nov. 4 at the Presidio Bowling Center. Lets support the Presidio team and watch the best military bowlers in Northern California.

League Standing

Team	Won	Lost
Mather I	108.5	71.5
Castle	103	77
Presidio	94	86
Mather II	86	94
Beale	80	100
USN/T.I.	68.5	111.5

Jimmy the Freak

As Joshua said in the Bible ... "Man, sometimes you just got to blow your own horn!" Well, last week I picked many more winners than losers, so I got to blow my own horn. Even Mrs. Freak was proud of me. She said that it was the first week that I hadn't made a complete fool of myself. Oh, well ... there's always this week.

San Francisco 34 - Cincinnati 14

It's nearly impossible to top last week's performance. I mean, how can a team do better than being perfect! Whoops .. I forgot ... the 49ers missed that extra point on purpose, just to let people know that they are semi-human. Those poor, poor Bengals.

Buffalo 17 (maybe 20, maybe 24) - Cleveland 14 (or 17, or maybe 20)

I've got three things to say about this dog of a game ... who cares? ... who cares? ... WHO CARES?

Green Bay 28 - New Orleans 20

The Packers can score as many points as anyone in the league. The Saints can't. I've heard that the real reason that Ken Stabler retired was to get into advertising - he's to be the new poster boy for the moonshine industry.

Pittsburgh 27 - Houston 23

Although the Steelers beat the 49ers, they still do not have a really good team. Trouble is, the Oilers don't have any team. This year, poor Warren is only a "half-Moon".

Seattle 30 - Kansas City 23

If Chuck Knox can keep the Seahawks from

having a normal letdown from their big game on Monday night, they should have just a little better defense than the Chiefs ... just enough to win this close match-up.

Chicago 24 - Los Angeles Raiders 20

You read it correctly! If the Davismen had such a hard time against the Denver defense, just imagine their turmoil against the Bears' beserk eleven! Also, I have a little gossip for you ... Al Davis has just been selected as the Brylcreme man of the decade! Way to go, Slick!

St. Louis 33 - Los Angeles Rams 21

The 49ers buried the Rams last week. This week the Cardinals throw on the dirt. The St. Louis offense is very similar to the 49ers, so if the Smogmen couldn't stop Montana and cohorts, they won't be able to cope with Lomax and friends, either.

Denver 27 - New England 23

The Patsies should be able to cope with the Colorado cold weather better than most teams, but the Broncos seem fated to win their division this year. Dan Reeves must have sacrificed whole flocks of small animals to the gods before this season!

New York Giants 26 - Dallas 17

Danny White only has one good game a year, so he used up his quota by playing well last week. Look for Lawrence Taylor to have a field day wiping that smirk off of Danny's face. If I were White, I would have waited at least another week before winning the starting quarterback slot.

Check your medical coverage for this one, Danny! **Detroit 28 - Philadelphia 24**

The "Polish Rifle" my ... errrr ... ear. The Eagles are losers from the owner on down. The guy's the same one who guaranteed a Philadelphia victory over the 49ers earlier in the year. Scientists could have picked a better person than Bob Irsey to clone!

San Diego 27 - The Colts 23

The Colts' biggest weakness ... no, no, no ... not in the owner's box ... is their pass defense. The only strength left to the Chargers is in their passing game. That adds up to a big day for Dan Fouts.

Minnesota 21 - Tampa Bay 17

This prediction holds only if Tommy Kramer plays. Otherwise, I vote for a scoreless tie...cuz I don't care for either of these bozo teams.

Washington 31 - Atlanta 20

What's the Yugoslavian word for "none", because that's exactly the chance the Falcons have against the Redskins at Washington after a loss.

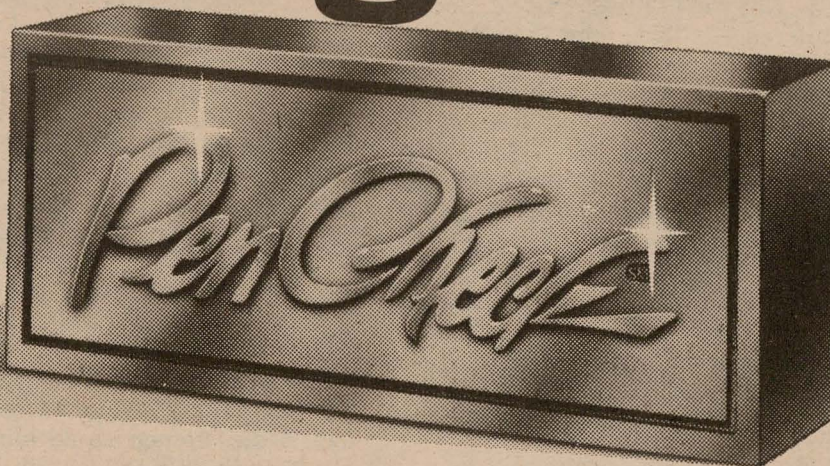
Upset of the Week

New York Jets 34 - Miami 30

Uhhhm ... wha' ... who? ... Sorry, I just got revived from a self-administered trance. I dreamed I saw some dumb defense end in a Jets uniform dancing over a fallen Dolphin quarterback. I guess it could have been something I ate. Oh well, the Jets may as well beat them in New York. They haven't won in Miami since Rutherford B. Hayes was President.

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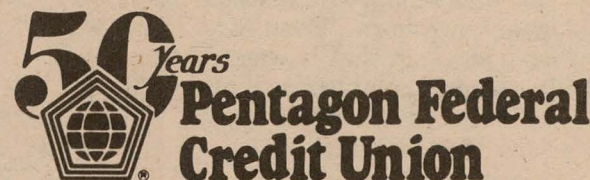
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the write stuff...a guide
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times / **page 10**

Star Presidian

Vol. 27, No. 44

"Published in the interest of the people of the Presidio of San Francisco"

November 9, 1984

News briefs

Women Army veterans... we want you!

Help celebrate the *Week of the Woman Veteran* (Nov. 11-17). Nominate a woman veteran who served in the Army and has since become a successful civilian!

These women will be honored at a luncheon Nov. 17, 11:30 a.m., Ft. Mason Officers' Club. Reservations required. Cost: \$12.

Send her name, address, years of service and civilian accomplishments to:

LTC Mary Goodsell (Ret.)

P.O. Box 18032

San Francisco, CA 94118

OR take it to the nearest Army Recruiting Station. Deadline is Nov. 8.

American Education Week

The spotlight will be on education Nov. 11-17. The occasion is American Education Week, a nationwide event designed to focus attention on the purpose and challenges education faces in the next few years.

"Every American needs to be concerned with the current state of education," emphasized Mr. Walter Sobczyk, Presidio Education Services Officer. "It holds the key to our future." Education allows us to reach our potential as a nation, and as an individual. America has achieved much because it took time to educate its citizens, but the job isn't finished. There is a vast reservoir of talent still waiting to be tapped. It is to our advantage to ensure that everyone within our military community is aware of the opportunities available to tap that talent."

Everyone is invited to participate in kick-off activities for this year's American Education Week, which will be held on Nov. 13 at the Ft. Scott Education Center, bldg. 1216, from 8:30-10:30 a.m. Following remarks by the Post Commander, refreshments will be served. Visitors will have an opportunity to visit basic skills and clerical skills classes in session, try out new hand-held educational computers, talk to education counselors, and check out the Learning Center and MOS Library.

Every Presidian is encouraged to take part in American Education Week.

Open Season

Open Season for health benefits is ongoing through Dec. 7. An addition to the schedule for interested employees of PSF is: Nov. 21, 11 a.m.-1 p.m., Auditorium (DPTSEC, bldg. 603), Health America Rockridge.



photo by Pete Murphy

The bronze statue of three American servicemen, cast from sculptor Frederick Hart's clay model above, will be unveiled on Veteran's Day when it becomes part of the Vietnam Memorial in Washington, D.C.

Vietnam Vet statue unveiling

by Tom Joyce

The Vietnam Veterans Memorial sits on two acres in Constitution Gardens in Washington, D.C., dedicated to honor the "courage, sacrifice, and devotion to duty and country" of the approximately 2.7 million Americans who served in the war zone. Some 300,000 were wounded and approximately 75,000 permanently disabled.

Since the memorial was dedicated on Nov. 13, 1982, it has been visited by more than three million people, many of them friends and relatives of the more than 58,000 honored dead whose names line the black granite walls.

A jury of eight internationally recognized artists and designers selected the memorial's design through a national competition.

Maya Ying Lin, who submitted the winning design, wanted to create "...a park within a park, a quiet protected place unto itself." For that reason, she chose polished black granite for the two walls of the memorial. Its mirror-like surface reflects the images of the surrounding trees, lawns, and monuments.

Each wall is 246 feet, 8 inches long. The east wall points to the Washington Monument and west wall points to the Lincoln Memorial. The

walls are supported by 140 concrete pilings driven 35 feet into bedrock. The memorial is more than 10 feet tall at its highest point. The names were carved using a computer-generated photo stencil sandblasting process developed specifically for the memorial. The black granite used for the walls, safety curbs and walkways is from Bangalore, India, the only place in the world it could be obtained in the sizes required.

There are 58,007 names on the memorial. About 1,300 are classified as missing in action. Eight women are listed: seven Army nurses and one Air Force nurse. There are no civilians.

The names are listed in chronological order according to the date of the casualty. The first men to die were military advisors, killed on July 8, 1959. The list of names and ends in the center of the two walls. Beginning with July 1959, the names read to the right to panel number 70 on the east wall. The names then continue on panel number 70 on the west wall, reading to the right, and reaching the center of the monument and the names of the last casualties in May of 1975.

Symbols mark each name. A cross indicates a person is still missing in action (the cross is not us-

Please see page 3

Opinions

TAKE A BITE OUT OF CRIME

The Christmas shopping season is upon us, and with the increase in the number of shoppers at AAFES facilities there will also be a proportionate increase in the number of shoplifters.

Shoplifters tend to act spontaneously and impulsively. In fact, most shoplifters are well-educated and generally have the money to pay for what they steal. Shoplifting generally is committed for the thrill or out of greed rather than need. However, shoplifting is a crime, and shoplifters on the Presidio will be treated as criminals.

Why risk gaining a criminal record and losing your reputation as a law-abiding citizen? A criminal record can prevent you from borrowing money, and worse still, keep you from earning money. Do not trade your future for a piece of merchandise. Tighter security and more sophisticated detection devices at AAFES facilities make it more likely you will be caught if you try to shoplift.

AAFES and the Presidio Military Police will take action against all shoplifters no matter what the size or price of the item stolen. *No one* has special immunity, and you lose your shopping privileges. AAFES security is on the lookout.

You can help. If you know of an unreported theft, call AAFES's 24-hour Hotline; your call will be confidential—the number is 1-800-527-6789.

If you spot a shoplifting in progress, report it

to the nearest AAFES sales person or contact the MPs at 561-2251/2252.

(Editor's note: The following is a *true* story).

Confessions of a Shoplifter

This is difficult to write. As I sort out my thoughts, the ever-present sense of shame intensifies. Yet, I have no one to blame but myself; I alone sullied my name. I was picked up for shoplifting at the local exchange.

There are two reasons I think this should be read. One, to be reminded that none of us is above the law. And, two, to try to convey what it is like for a normally law-abiding person to be the suspect in an illegal act.

I am the wife of a retired officer. We have made our home in the area for many years. I am happily married and the mother of young adult children. We are a close and loving family, and I'm thought of as a loving and caring wife and mother. I'm involved in the community and have a full, rewarding life.

It began as a lark, a smug adventure to show how clever I was. Instead it turned into the worst day of my life. And it isn't over yet.

The thought that I might get into trouble never occurred to me. I was no thief. I was no criminal.

I was approached by two security people, who identified themselves and asked me to hand over the items and to accompany them to the manager's office. In an instant, I had gone from being a respectable well-thought-of human being to personifying the very person I believed I wasn't. I was a thief.

We walked through the building. I was afraid I was going to be sick. I dug my fingernails into the palms of my hands to keep control of myself. I will

never know how many people whose opinions I value saw me. I know I can never show my face there again.

Once the papers were filled out at the PX, we proceeded to the post Security Police building. More people passed by, more glances, more speaking my name. More disgrace. My rights were read to me. I wrote, hardly able to control my hand, a statement and signed it. I was barely free to go.

Not free mind you. Free to leave.

I never will be free of my action. I still have to come to terms with myself over this. And there are two formal steps yet to be faced. Hard steps to face.

I may lose my privileges.

I must appear before a federal magistrate on the charge of shoplifting.

My words can't convey what this is like in daily living. I'm aware constantly that I committed an illegal act. I, who have always been so proud of being a military wife, have shamed myself on post. And may no longer even be welcome there or at any post.

I have no right to be angry, to demand anything, to plead. I have no right. I brought all this upon myself. Dear God, can you imagine how awful that knowledge is?

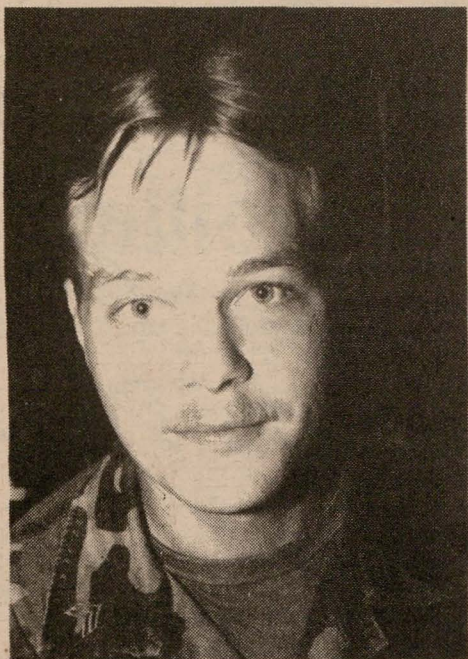
(*"Confessions of a Shoplifter"* appeared in an issue of *"The Globetrotter,"* base newspaper of Norton AFB, Calif.)

Crime Report

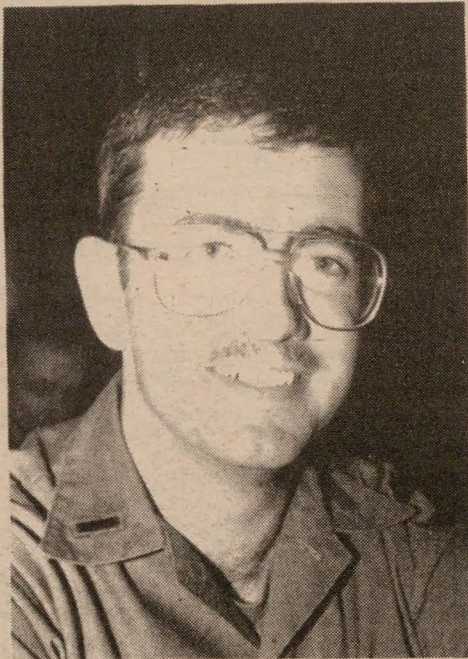
- Person(s) unknown entered unsecured government quarters at Ft. Baker and stole \$50 cash.
- A child family member was caught shoplifting at the Main PX by store detectives.
- Person(s) unknown stole a secured stereo from a privately-owned vehicle parked outside LAMC.

Ramblin' Sam

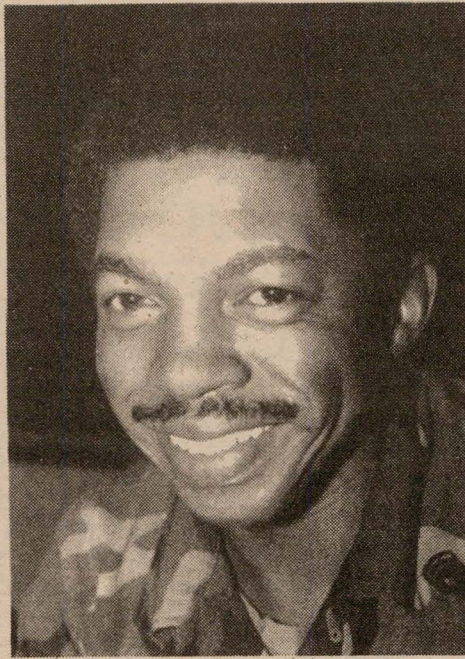
"What's the most daring thing you've ever done?"



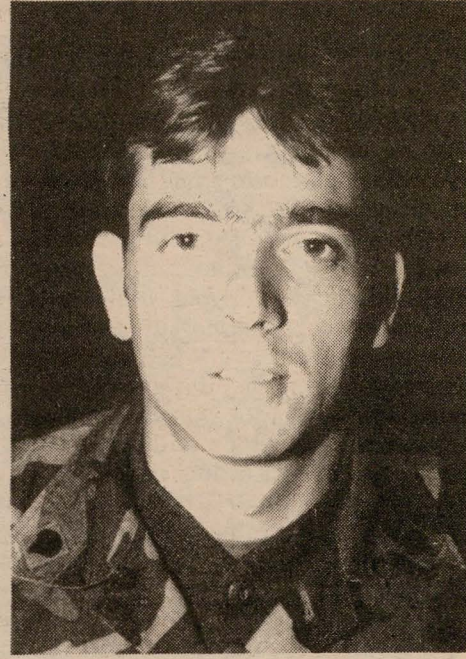
Sgt. Joel Olson, Infantryman, "I attended the Air Assault school at Fort Campbell, Kentucky. It's not an easy school, especially if you're scared of heights."



1Lt Gerard Noone, executive officer, HQ's USAG, "Going to Jump School. It's not every day someone tells you to jump out of an airplane at 1500 feet and smile at the same time."



Sp6 Izall Rice - HQ's USAG, "Submitting the paperwork for Drill Sergeant's School and getting accepted. That will be a challenge every day."



Sp4 Paul Shields, airplane repairman, "While I was stationed at Fort Devens, I took a stable ride on a helicopter, hanging 100 feet below the helicopter. Just the slightest movement of the hands controls the direction you spin."

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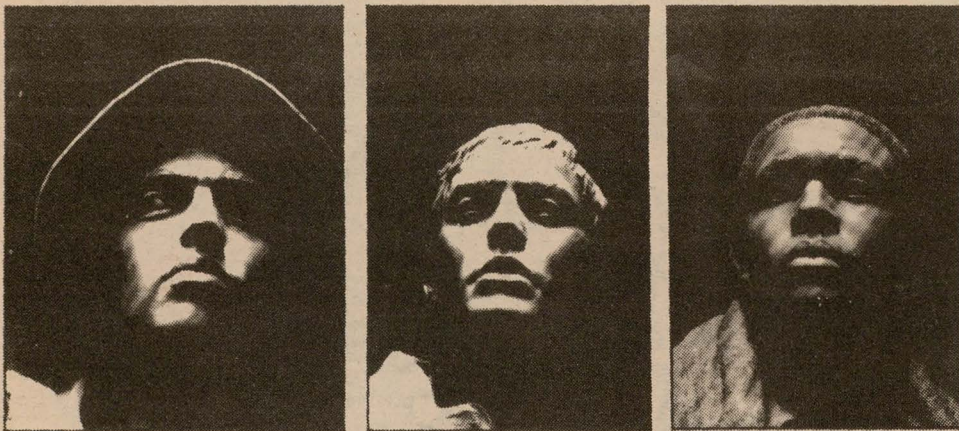
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ed as a religious symbol). A diamond next to a name indicated that person was killed in action. Crosses can be converted to a diamond if and when those listed as missing are confirmed dead. A circle will be inscribed around the cross for any individual reported missing who may return alive.

At the entrance to the memorial stands a life-size bronze statue depicting three American fighting men. Jan Scruggs, founder and president of the Vietnam Veterans Memorial Fund, says the statue, sculpted by Frederick Hart, is "very humanistic and reflective of the young fighting men who served in Vietnam."

Scruggs adds, "The three men have very intense expressions on their faces. They are looking directly

at the memorial wall. They look courageous, but vulnerable."

Also at the entrance to the memorial is a 50 foot bronze flag staff containing the five service emblems.

Since the memorial has become one of the most popular tourist sites in the nation's capital, new lighting has been installed. Scruggs says that installation of the lighting will provide not only for improved safety and security, but will also "make the memorial come alive at night as well as better accommodate the large number of visitors who come to the site almost 24 hours a day."

The new lighting illuminates the memorial walls as well as the flag and sculpture.

(AFPS)

Editorial

Forward march!

When the march begins in the morning
And the heart and the foot are light,

When the flags are all a-flutter
And the world is gay and bright,
When the bugles lead the column
And the drums are proud in the van,
It's shoulder to shoulder, forward march!

Ah, let him lag who can!

For it's easy to march to music
With your comrades all in line;
And you don't get tired, you feel inspired,
And life is a drought divine.

When the march drags on at evening,
And the color-bearer's gone,
When the merry strains are silent
That piped so brave in the dawn,
When you miss the dear old fellows

who started out with you.
When it's stubborn and sturdy forward march,
Though the ragged lines are few,

Then it's hard to march in silence,
And the road has lonesome grown,
And life is a bitter cup to drink;
But the soldier must not moan.

And this is the task before us,
A task we may never shirk,
In the gay time and the sorrowful time,
We must march and do our work;
March when the strains are dumb;
Plucky and valiant, forward march!
And smile whatever may come.

For whether life's hard or easy,
The strong man keeps the pace,
For the desolate march and the silent,
The strong soul finds the grace.



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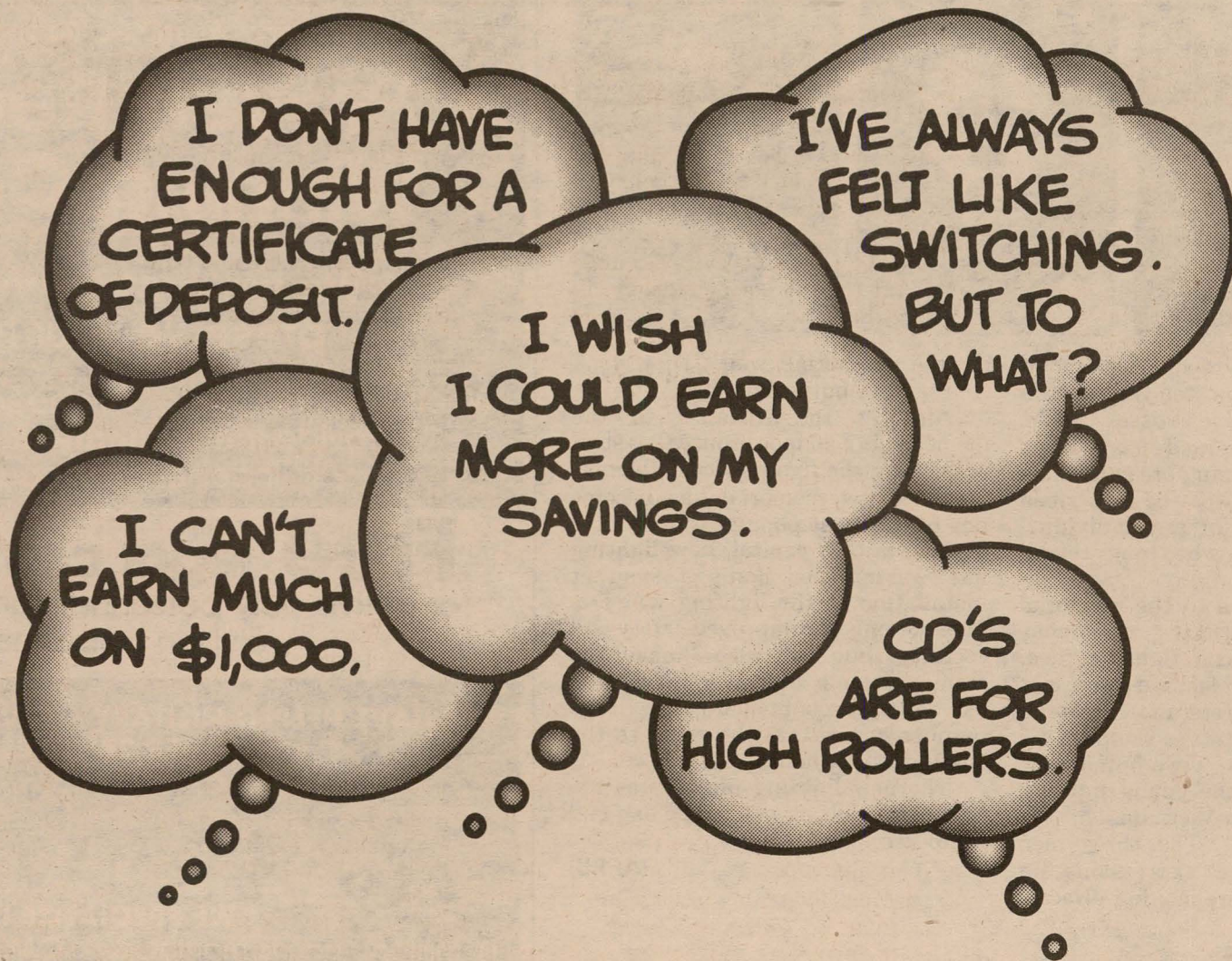
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Feature

Presidians to celebrate Army Family Week

- | | | | |
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| <p>Date Event/Location</p> <p>Nov. 17 Family Fun Run; Crissy Field area, 10 a.m. Prizes from PX. (MSAD; AAFES)</p> <ul style="list-style-type: none"> ● Musical "March Around" in housing areas, 8 a.m. prior to start of Fun Run to encourage participation with Provost Marshal escort. (6th Army Band; PMO). ● Blood pressure check booth in race area. (LAMC). ● Static display of equipment at race site. (HQ Cmd Bn). ● Crime Prevention van with McGruff and a fingerprinting booth at race site. (PMO). ● Display of articles available for rent from Outdoor Recreation at race site. (MSAD). ● Legal Information Services booth in display area of Post Exchange, 10 a.m. to 4 p.m. (SJA). ● Alcohol and Drug Abuse Education/Information booth at race site. (ADAP). ● Parent/Youth Club sponsored party with youth from Ft. Mason and their Center. (MSAD). | <p>Nov. 18 Family-oriented worship services at both Catholic and Protestant chapels with refreshments served following all services, 9 and 11 a.m. at both chapels. (Chaplain).</p> <ul style="list-style-type: none"> ● Scotch Doubles Bowling Tournament, noon to 4 p.m. at the Bowling Alley, Ft. Scott. (MSAD). ● Indoor Family Picnic at Recreation Center with musical combo entertainment, 3 p.m. (MSAD). ● Retreat Ceremony with Boy Scouts presiding at Main Flagpole, 5 p.m. (Scouts; Maj. Clyde; PMO). ● Drum and Bugle musical support at Flag Ceremony. (6th Army Band). ● Welcome Supper for newly-arrived families in the Pershing, Brooks and Stilwell housing areas, 5 p.m.; ● Religious Activities Center. (Chaplain). ● Musical combo entertainment at Welcome Supper. (6th Army Band). <p>Nov. 19 Special meal prices and entertainment at both the NCO Club (Hawaiian Luau);</p> | <p>and the Officers' Club (New Orleans Dixieland Night). (ICM).</p> <ul style="list-style-type: none"> ● Family Fun Night at Swimming Pool from 4 to 6 p.m. with relay races, etc. for entire family. Point of contact: Brenda Lowe, 221-5048. (AQSC). ● Family Pool Tournament with prizes; Recreation Center, 7 p.m. (MSAD). <p>Nov. 20 Bingo/Kids' movies at both NCO Club and Officers' Club with family meals. (ICM).</p> <ul style="list-style-type: none"> ● PET (Parent Effectiveness Training) graduation, evening of Nov. 21, Child Development Service Center. (CDS). ● Family video movie; Recreation Center, 7 p.m. (MSAD). <p>Nov. 21 Lunch at Child Development Service for parents and children enrolled in Center, 11:30 to 12:30 p.m. (CDS).</p> <ul style="list-style-type: none"> ● Fun Food Night at Cafeteria featuring meals, special, etc. (AAFES). ● Single Soldiers' Supper, Religious Activities Center, | <p>5 p.m. (Chaplain).</p> <ul style="list-style-type: none"> ● Ecumenical Thanksgiving Services, 7 p.m., Religious Activities Center, with musical handbell presentation. (Chaplain). ● Family Bingo at Recreation Center, 7 p.m. (MSAD). <p>Nov. 22 Thanksgiving meals at dining facilities. (HQ Cmd Bn; LAMC).</p> <ul style="list-style-type: none"> ● Family Night at the Movies: family feature, special prizes, door prizes, free popcorn and sodas, poster contest with judging, prizes. (AAFES). <p>Nov. 23 Family Refit Day</p> <ul style="list-style-type: none"> ● USAISC will hold their unit picnic during Family Week; date to be announced. ● Post Library will feature display of books on families plus a children's book display. ● <i>Star Presidian</i> will feature articles on Army Family Week and post events celebrating Family Week. ● Posters will be designed and distributed. ● Banner will be strung across Lincoln Ave. with words "ARMY FAMILY WEEK". |
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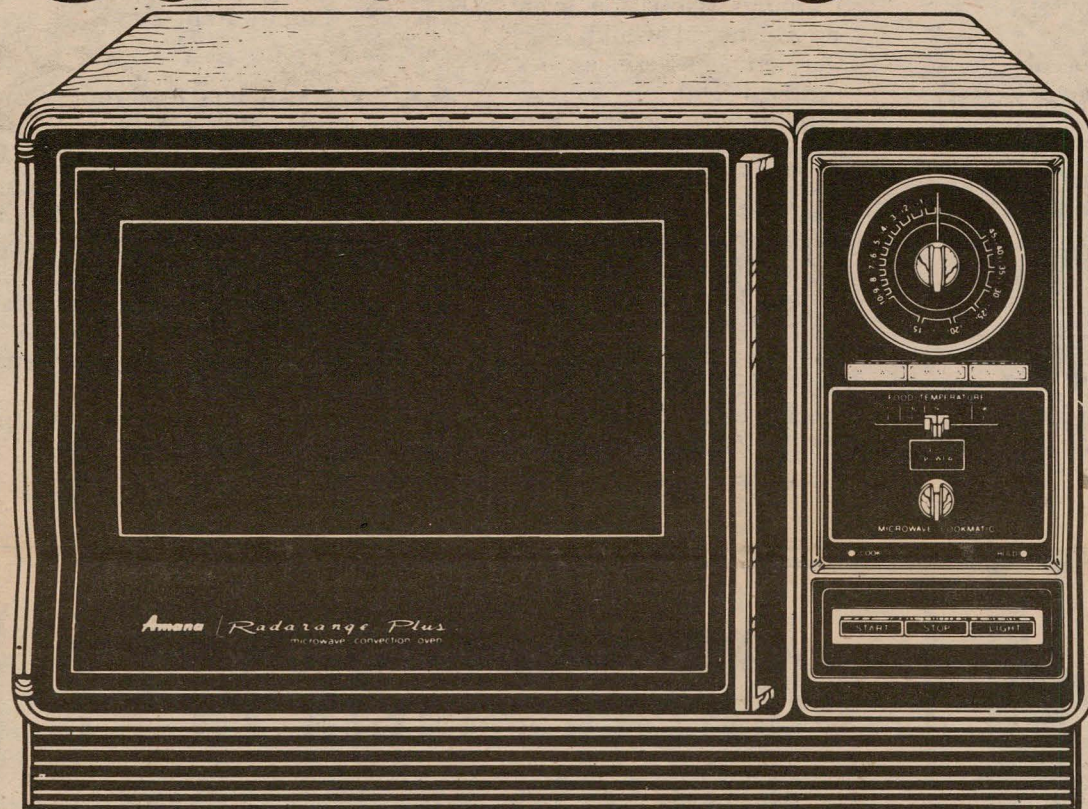
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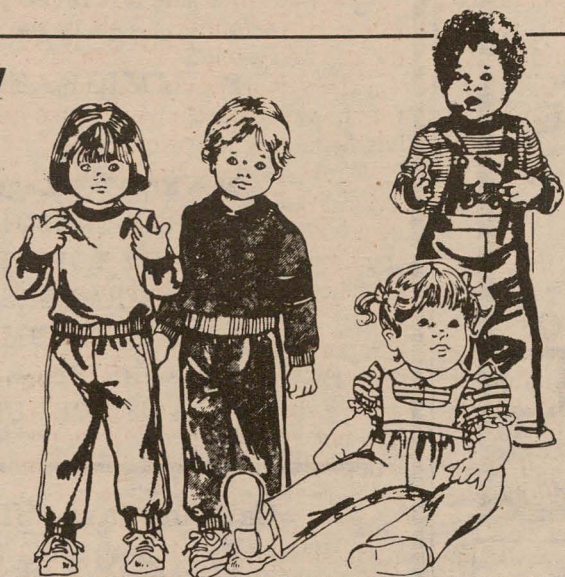
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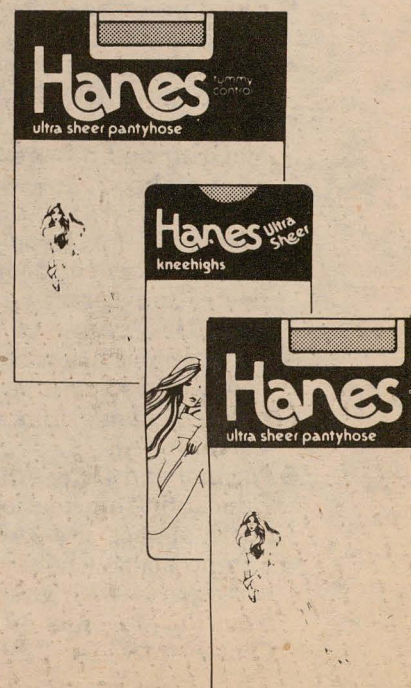
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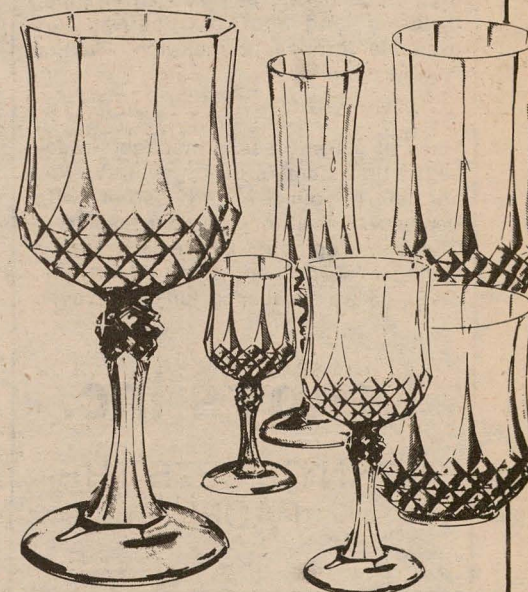
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Feature



Women prove loyalty, courage in battle

by Heidi Arnett

(Editor's note: The week of November 11, 1984, has been designated by Congress as "National Women Veterans Recognition Week.")

Of all that has been written about women in history, one of the most interesting topics is women who became warriors in defense of their countries. According to John Laffin, author of the book "Women in Battle," there were many reasons why women joined the ranks of the military.

History records several stories of women donning uniforms to fight simply for the adventure. In most cases, Laffin wrote, they were only found out to be women after they had been wounded in battle.

There were also those women who attached themselves to a regiment to be near their husbands or lovers. Laffin even found records of one woman who disguised herself as a sailor so she could track down her shanghaied husband.

They all had one thing in common, however: they fought side by side with men.

Joan of Arc was, of course, one of the most famous of these warriors.

In 1429 Frenchmen rallied behind her with pride as she led them to one victory after another until she was captured by the English.

Although she could only have

been in her early twenties, the English saw her as a great threat and burned her at the stake.

One of the first recorded women strategists, didn't actually fight but was noted by Laffin because of the effect she had on how we fight our wars today.

Queen Isabella of Spain was described by one biographer as "a woman crusader who changed the course of civilization."

It was she who had the idea to build wide roads that could carry artillery to the battlefield and better supply her troops. According to Laffin, Isabella also introduced the first battlefield hospital.

Some people consider women to be too indecisive for combat, but Laffin noted two women who were good examples not only of decisiveness, but ingenuity under fire.

In 1792 Marie Angelique Josephine Duchemin veuve Brulon was acting sergeant in command of an attack with the French 42nd Regiment of Foot.

By that time she had already been discovered as a woman, according to Laffin, but since she as a good leader, she was kept on in the regiment.

During the attack she was wounded in hand to hand combat. Seeing that her men were running out of ammunition though, she set out for the nearest town.

She got the help of 60 women, loaded them up with munitions and

led them back to her position.

How about a closer to home story...like one from the American Revolution?

Mary Hays went with her husband when he joined the 7th Pennsylvania Regiment. (After it became clear that the presence of wives helped the troops' morale, wives had been allowed to attach themselves to the regiment.)

When the 7th Pennsylvania went into battle with the British in 1778, Mary Hays found herself in the middle of the Battle of Monmouth.

Mary worked on cleaning details, for the most part, but she also helped with the sick and wounded.

And she got the name of Molly Pitcher. She earned her nickname because she often brought water to the troops.

The Battle of Monmouth was a long and terrible battle with temperatures in the 100's. Americans and British alike were dying from heat exhaustion that day. If Mary had not brought water to the stricken troops all day, many more American soldiers might have died.

But as fresh brigades of British came sweeping in, Laffin wrote, Mary overheard whispers of 'retreat'. Then seeing that her husband's gun was no longer firing, she ran to his position.

The crew members were all either dead or unconscious—her own husband dangerously wounded. So she sponged out the gun, rammed home a

charge, and began firing.

Her firing of the gun became a turning point in the battle. Just as the Americans were preparing to retreat, reinforcements arrived to stop the British. Mary remained at the gun with a scratch crew until an artilleryman came to relieve her.

No longer needed to man the gun, Mary carried her husband back, dressed his wounds, and went back to carrying water to the soldiers on the battlefield. In addition, Laffin described Mary as being "well advanced in pregnancy" at the Battle of Monmouth.

There are many more examples of women used in battle, some purposely, some accidentally. The ones who are known are remembered for their valor and strength. Some stories are funny, some are sad.

Unfortunately, few of these women were decorated, although some were given pensions on which to live.

Perhaps it is difficult for some to understand why women would go to such great lengths to fight side by side with their countrymen.

But perhaps, in order for humankind to survive, both men and women must have that basic instinct for survival when necessity arises.

(This article originally appeared in an issue of "the Banner," post newspaper of the 193rd Infantry Brigade [Panama].)



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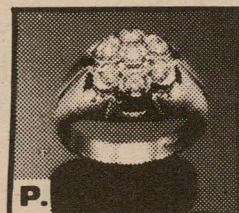
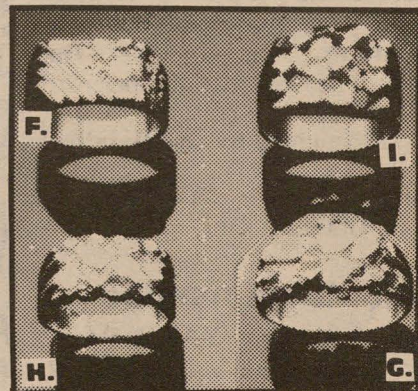
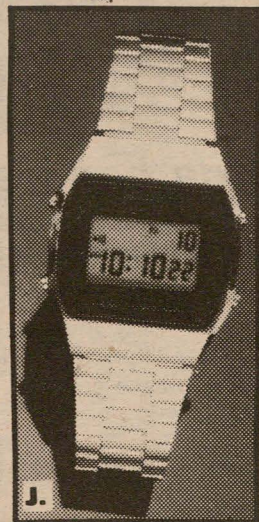
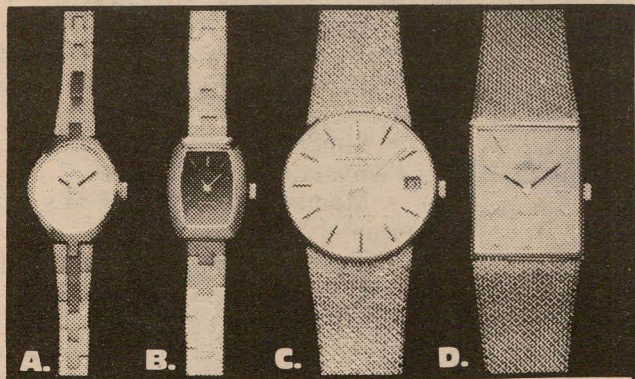
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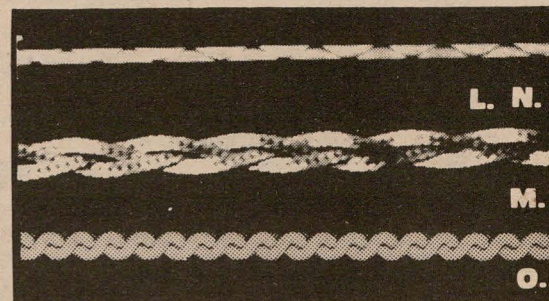
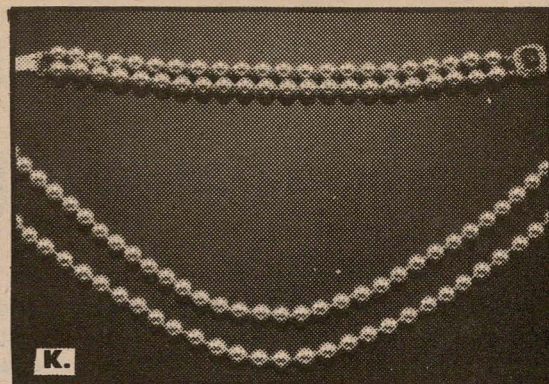
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Community Calendar

"Thanksgiving soldiers' supper"

The Presidio Post Chapel's Monthly Soldiers' Supper for November will be on Nov. 21, at 5:30 p.m. at the Religious Activities Center, bldg. 682. Since this is Thanksgiving Eve, we are inviting members of the Chapel Communities to come and share not only their home-cooking but also some of their holiday hospitality with family members who are far from their families. Immediately following the supper will be a Thanksgiving service with a special performance by the Handbell Choir.

Everybody please join us, we have a lot to be thankful for.

YA volunteers needed

Youth Activities (YA) Sports is looking for basketball coaches, wrestling coaches and cheerleading coaches.

If you have some experience in these sports and want to volunteer your time, please give us a call for these Fall sports. Contact the YA office at 561-5143.

Attention craftsmen

Now is the time to make your application to participate as a seller at the Presidio Craft Bazaar.

The Bazaar will be held on Friday, Dec. 7, from 10 - 6 p.m. at Harmon Hall (Armory).

The general public is invited to attend and enjoy this bazaar which will have a Christmas theme, but sellers will be limited to soldiers and family

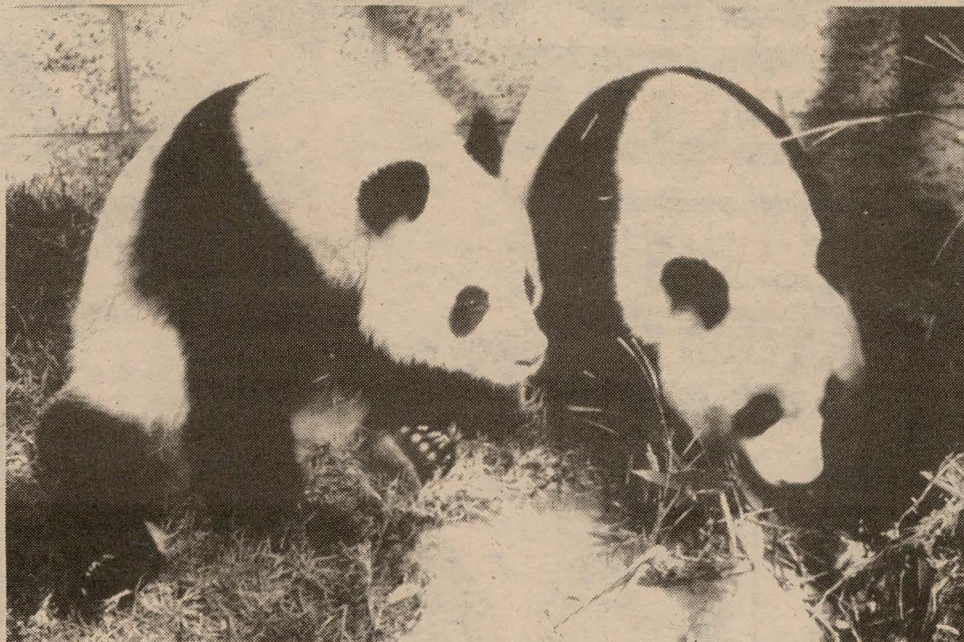


photo courtesy S.F. Zoo

Panda handlers

The San Francisco Zoo doesn't mind handling these charming visitors from China, Yun Yun and Ying Xin.

members (all I.D. card holders).

If you want more information or wish to make an application to set up a booth, please contact Pam Casias, 750-3724.

Giant panda exhibit

Yun Yun and Ying Xin are delighting visitors to the San Francisco Zoo. During this giant panda exhibition, the zoo will be open from 10 to 5, Tues. through Sat. On Sun. and Mon., the zoo will open an hour early, at 9 a.m., to accommodate more visitors.

In addition, Zoological Society members will have special panda

viewing hours from 9 to 10 a.m., Tues. through Sat.

Admission to the San Francisco Zoo is \$2.50 for adults and free for children 15 and under when accompanied by an adult.

Zoo Director Saul Kitchener suggests that the best time to see the pandas is early in the morning or late in the afternoon because that is when the animals are most active.

New family evening

This will be a dinner prepared by members of the Presidio Chapel Communities for new families at the Presidio. It will kick-off **The Presidio**

Family Week Celebration. This home-cooked meal will be held at the Religious Activities Center, bldg. 682, at 5:30 p.m. on Nov. 18. Plenty of great food, lots of fun and fellowship with established members of the Presidio and San Francisco communities.

Please let us know if you are interested in coming by phoning Stephen Miller at the RAC at 561-3535.

Recreation Center Family Week activities

The Recreation Center will offer the following programs for Family Week Nov. 18-21:

- Sunday, Nov. 18: Indoor Family Picnic and entertainment, 3 p.m.
- Monday Nov. 19: Family Pool Tournament 7 p.m.
- Tuesday Nov. 20: Family Video Movie, 7 p.m.
- Wednesday Nov. 21: Family Bingo, 7 p.m.

For additional information, please call the Recreation Center at 561-2000 after 2 p.m.

Girl Scout calendars

Girl Scout Calendars will be sold on post by the Presidio Girl Scouts between November 9 and 30. This year the girls are very excited about these calendars as a picture with six of our own Presidio Girl Scouts by the Golden Gate has been chosen for the cover of the wall calendar.

For any Girl Scout information, please contact Patty Brown, 922-4691.

... the write stuff ...

by Richard Wetzel

I realize the subject of the presidential elections is a little late, and there are some folks that would just like to forget the whole thing...I can think of at least two people....."Better late than never" is not a motto of a journalist, but "Let's go punkin'" might be.

Being in the position that I am in (and you're in, and they're in and we're all in) I just can't go around making political statements...besides, I've already shown my ignorance of the performing arts, why strike out at bat twice?

But since the whole thing is over anyhow, and we're all getting used to our new president, (insert name), and vice-president, (insert name), I would just like to say a few words.

First of all, congratulations are in order. You did it! You beat the other team fair and square. The contest is over and you won the first prize—The White House. Your invitation to the inaugural ball should be in the mail soon.

As for the runners-up, fear not, we haven't forgotten you. You did your best, worked real hard and for your reward, you are cordially invited to attend the grand opening of the Eastern Warthog Dance tomorrow at 7 p.m. at the Marin Museum for the American Indian (*this is a real*

event, folks)...You may not get an invitation to the hoopla in Washington, but you'll have the time of your life dancing to the sounds of the *Jayne Gang Band* in Novato....oh, RSVP.

Now that we've got the election talk completed (don't expect me to skip these newsworthy items do ya?), I've noticed that Thanksgiving is just around the corner. Lots of folks will be going home to see their turkeys...I mean eat their turkeys...oh skip it...

....Speaking of slicing turkeys, the Surgical Technology Show opens tomorrow at the Exploratorium. On display will be an operating room, with OR nurses to explain equipment, procedures and answer questions like: "How many doctors does it take to operate on an airborne soldier?" A: It takes 23 doctors...one to hold the knife...two to hold his feet to the ground and 20 to yell "UUURRRUUHHHHHHHHH"...correct me if I'm wrong....

If you plan to light up on Nov. 15, it might be best to seek out your favorite broom closet, or run the risk of getting it soaked by a water pistol. That's just one example of how serious some folks get during the Great American Smoke Out. On this "cleaner than thou lungs" day all smokers are requested to "grind it"...It's a good idea that

should be extended to the factory smokestacks....Enjoy!

Moving right along...Computer games, biology labs and astronomy demonstrations are on display at the Lawrence Hall of Science, UC Berkeley, daily from 10 a.m. to 4:30 p.m....ICE CAPADES, featuring Scott Hamilton and Charlie Tickner will be at the Oakland Coliseum Nov. 20-25. All seats reserved....If you're a horse buff or even if you're not, see the LIPIZZANER STALLIONS OF THE SPANISH RIDING SCHOOL, a spectacular event that has been a favorite in Europe for 400 years, now at the Cow Palace Nov. 29 - Dec. 2.

SNIFFING OUT THE MUSIC...Hey, boys and girls, it's heavy metal week....*h e a v y* !!...*MOTORHEAD, MERCYFUL FATE AND EXITER* will be at the Warfield Theatre Nov. 20...*DIO* featuring Ronnie James Dio, will be with *Dokken*, Nov. 30 at the Oakland Coliseum...this just announced...*Tommy Shaw*, former guitarist with *STYX*, will open for *Billy Squier*, Nov. 13 at the Cow Palace....The Kabuki Club, Japan Center welcomes *FRANKIE GOES TO HOLLYWOOD* Nov. 30 and Dec. 1, the *RAMONES* Nov. 23 and *SOFT WHITE UNDERBELLY* Dec. 5, 6.

And yes, the "stuff" does appear a bit smaller this week....Our gracious editor, Liz, has returned and so has her red pen.....

At the movies

Presidio Theater

Sat., Nov. 7	Gremlins (PG)	7 p.m.
Sun., Nov. 11	Gremlins (PG)	2 p.m. & 7 p.m.
Mon., Nov. 12	Gremlins (PG)	7 p.m.
Tues., Nov. 13	The Natural (PG)	7 p.m.

Wed., Nov. 14	C.H.U.D. (R)	7 p.m.
Thurs., Nov. 17	Impulse (R)	7 p.m.
Fri., Nov. 16	Impulse (R)	7 p.m.
Schwartz Theater		
Mon., Nov. 12	The Evil That Men Do (R)	7 p.m.
Wed., Nov. 14	Gremlins (PG)	7 p.m.
Thurs., Nov. 15	C.H.U.D. (R)	7 p.m.

Sports

Flag football

The Sports Branch, MSAD will be hosting Presidio's 1st annual flag football tournament on Saturday and Sunday, Nov. 17 & 18. Invitations have been sent to all the local Naval and Air Force bases to participate in the event. The first game will be played at 9 a.m. on Nov. 17. All games will be played at the P.X. Athletic field (next to the Post Library).

Men's basketball

The Post Men's Basketball Team earned a high scoring victory over Oaknoll Naval Hospital 92-86. Hot shooting David Bernstein (DEH) hit for 41 points to lead the way. Additional support was provided by Oscar Hines (DEH) 19 points and Billy Ruffin (864th Engineers) 14 points.

The team is scoring a lot of points, but is also giving up too many on defense as evidenced in their next two games.

They next played Beale AFB. Both games had the same score as Beale AFB won both games, 94-79.

The two from DEH, David Bernstein and Oscar Hines again lead the team in scoring.

The big men on the team need to get more rebounds, score inside and play tough defense according to the coaching staff.

There is progress by the team, but Coach Mabrey has high standards and hopes for better team work. If this team plays together and not as showboats, they will achieve more victories.

The team's next home game will be Friday, Nov. 9, 8 p.m. vs. Travis AFB at Post Gym 1, bldg. 63.

Football championships

The football championships started on Oct. 29, with USAG playing OARB in the first game. USAG's quarterback Rudy Russell played an outstanding game with two TD passes, a 11 yard TD run and an interception which he ran back for a 7 yard TD. At half time the score was USAG 14 OARB 0. In the second half OARB made an effort to come



Family Fun Run

Saturday, Nov. 17, marks the day Presidians will don running gear to participate in the Army Family Week Fun Run Relays.

back but USAG maintained their lead for a final score of 30 to 32.

In the second game, 864th Engineers took on DLI, Co. H. Quarterback Darrell Brown of the Engineers hit team mate Travis Dandridge on a 10 yard TD pass early in the first quarter for the first score of the game. 864th's Glistler Collins then made a 58 yard run after intercepting a pass from quarterback Wayne Thomas of DLI. DLI was scoreless in the first half as the Engineers scored 16 points. In the third quarter, 864th Engineer quarterback Darrel Brown hit Mike Howell on short, quick pass for another TD.

It was in the final quarter before DLI, Co. H finally got on the score board. Wayne Thomas threw a short pass to Johnie Mims for a TD and also ran one in for a TD.

Final score, 864th Engineers 24 - Co. H, DLI, 14.

On Oct. 31, it was a day of upsets, as DLI, Co. H defeated OARB 11-8. In the first quarter DLI, Co. H, jumped into the lead with a 11 yard TD pass from Wayne Thomas to Kurt Keesling. In the second quarter Oakland Army Base came back to tie

the score with a 9 yard run by Terry Mixon. The half time score was 8-8.

In the third quarter Richard Toole of DLI, Co. H kicked a 25 yard field goal as DLI won the game. In the second upset of the night, League champions USAG lost to the 864th Engineers 16-6.

864th Engineer's defensive rush put a lot of pressure on USAG's star quarter back Rudy Russell. This was the key to defeating USAG - 864th played very aggressively and were deserving of the win.

Women's basketball team takes first

Last weekend the Presidio post women played great basketball at the Beale Air Force Base Invitational Tournament. They were ready for action when they took on Sunnyvale AFB. The game was very quick and fast as the women decided to get a good start in this tournament. Presidio beat Sunnyvale in a blow-out 74-40. They then had to play their second game of the day, against Castle AFB. This was an easy victory as they won 66-37. In their third game of the day, the women had to play Mc-

Clellan AFB and defeated them 48-40.

It was a very tough and exhausting tournament for the women, having to play three games in one day and winning all three.

They had to wait for the losers bracket to finish, before they knew who their next opponents would be. McClellan AFB played the Presidio for the second time in the tournament.

The game started out slowly as the Presidio team looked every bit as tired as they were. They refused to let fatigue destroy their hopes of winning the gold. The team rallied hard summoning every ounce of reserve strength they had to keep McClellan from winning. Presidio maintained a two point edge over the McClellan team throughout most of the game. This helped to keep their spirit and strength alive. The game was close as McClellan scored 2 points at the buzzer to put the game into overtime. The Presidio team knew that if they lost this game they would have to play another game. The thought of having to play another game is what the coach McNairy thought kept our women playing hard. In five minutes of overtime, the team managed to keep a 4 point lead, and found themselves the winners by a score of 48-44.

The team exploded with excitement as they had won the game and the tournament. The members of the Presidio team that helped bring the gold, were: Queen Risher, Paulette Walker and Asst. Coach Gerry Rubynell Jordan, Cindy Crawford, Mary Carol Mellen, Marcia Brown, Lisa Wade, Kathy Criswell, Lynn Walker and Asst. Coach Gerry Booker.

The Presidio women play this Friday Nov. 9, at 6 p.m. against Travis AFB here at Post Gym 1, bldg. 63. Coach McNairy said, "I am very proud of the Presidio women and happy that they have put forth their best efforts in winning the tournament. I am sorry that a couple of our players (Queen Risher and Paulette Brown) will be leaving the Presidio and going to Germany. I would like to wish them the best of luck and hope they continue to play a good game of basketball."

Jimmy the Freak

Hey, sports fans!! I apologize if my column seems a little disjointed this week (whattayamean, you couldn't tell...), but I just got back from my doctor's office after a complete examination. It looks as if I will qualify for early retirement from federal service. And guess what??? After looking at me (and reading my work), he said that I should be paid extra for what I do...so he recommended I receive 100% mental disability benefits. Silly me! All along, I thought it was a case of being allergic to toil. Will someone call me a cab?...

(Editor's note: Okay, you're a cab.)

San Francisco 27 - Cleveland 13

What did those bad little 49ers do to be so soundly punished by the NFL schedule makers? I mean, you don't send a *friend* to Cleveland in November, do you? A case of too much strength against too much weakness.

New England 31 - Buffalo 20

On a scale of 1-to-10, the Bills have been play-

ing at -10 standards. With a little luck, the Bills could break even playing in the Big 10 Conference. Against professional teams.. ooops... most colleges are professional, aren't they? Well, against other NFL teams, the Bills have as much chance as a "Yuppie" at a Frank Zappa concert.

Chicago 24 - Los Angeles Rams 17

That gurgling sound you hear is from the Rams' sinking out of the NFC West race. Jeff Kemp seems like such a nice kid, too. What the Bears' defense will do to him is illegal in many states.

New York Giants 23 - Tampa Bay 20

I wonder what John McKay wants to be when he grows up? A professional football coach?... Come on, be serious.

Atlanta 31 - New Orleans 21

The Falcons are better than their record indicates. The Saints have really *earned* their record. The Oilers have received next year's No. 1 draft

pick from the Saints for Earl Campbell. I guess it's only fair that he doesn't start playing until then.

Miami 34 - Philadelphia 14

Those air raid warning sirens you heard were set off by the Eagles' defensive backs as they prepared for Dan Marino and his flying circus. Let's see... 34 points equals two field goals and four touchdown passes, right?

Washington 40 - Detroit 20

The Lions are starting to play like a car put together on the assembly line the day after a long holiday... pretty shoddy. Hey, Monte... put on the old shoulder pads... you can play better than most of the bozos in blue-and-silver.

Kansas City 28 - Houston 17

In the old days of the AFL, this match up was as good as anything the NFL could offer. Today, this game still matches any other game... if you are into slapstick and pies-in-the-face humor.

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Family Week:
special section
/ **pages 5,6,7 & 8**



Army Families: spotlight
on three Presidio families
/ **pages 6&7**

Sports:
Jimmy the Freak
triumphant! / **page 11**

Star Presidian

Vol. 27, No. 45

"Published in the interest of the people of the Presidio of San Francisco."

November 16, 1984

News Briefs

No surcharge

Presidio family members will not have to pay a surcharge if they choose to have their Thanksgiving meal in a unit dining facility this year.

"This year family members over the age of 12 will pay \$2.10 for the dinner meal," explains SFC Carlos Aldarondo, food service supervisor for the Presidio. "Children under 12 will pay only \$1.05."

Soldiers who do not possess an authorized dining facility meal card will also pay only \$2.10. Officers will be required to pay the surcharge.

This year's Thanksgiving meal will be served in the Co. D, 864th Engineer Battalion Dining Facility, bldg. 1208. Meal card holders will dine from noon until 1 p.m., with officers, family members and guests dining from 1 to 2:30 p.m., according to Aldarondo.

Great American Family

This contest provides an opportunity to recognize families for their contribution to the betterment of life in our community. Applications will be judged at installation level. The winner will become Presidio Family of the Year. The winning application will then be sent on to FORSCOM (Forces Command) for judging in the Great American Family Awards program.

Contest closes no later than close of business today. Applications and information may be obtained at ACS, bldg. 214, or by calling 561-5155/5256.

6th Army plaque

On Aug. 8, Mayor Dianne Feinstein challenged Sixth Army commander, Lt. Gen. Robert Arter to a duel. The nature of the duel was to see whose team, the City of San Francisco's or the Army's, finished first in the Fleet Week 10K Run last month. More importantly, the winner would also win the five dollars wagered on the outcome of the race.

The Army won and Feinstein, true to her word, paid up. But that's not the end of the story.

In paying up, Feinstein autographed the five dollar bill, and incorporated it in a plaque which was presented to Lt. Gen. Arter.

Sixth Army receives a lot of plaques, so they decided to put this one to good use; they auctioned it off with the proceeds going to the Combined Federal Campaign (CFC).



Opinions

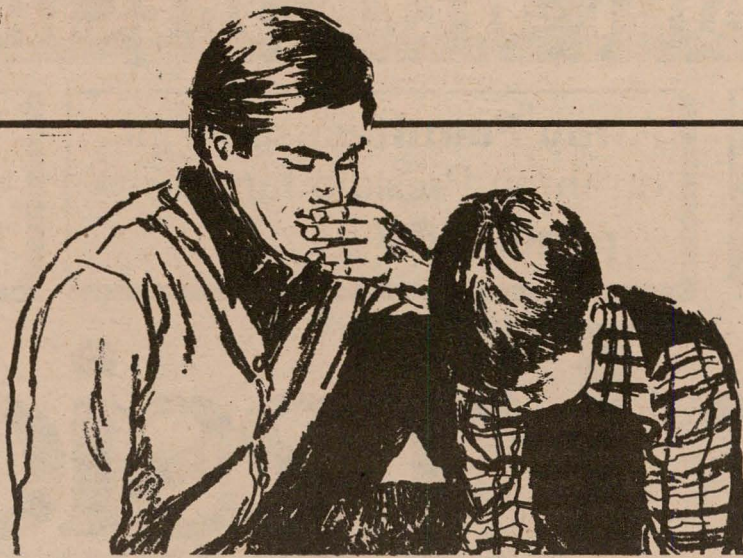
Pulling together

by Bob Walker

Our family sang "Pulling Together" at church and local talent shows before tragedy struck our family. "Pulling Together" is a song from a church musical which tells the story of a family pulling together and making it through difficult times.

We have been going through some very difficult times. Our car was in dire need of repair, and then the big blow—my wife getting hit by a truck while on duty as a school crossing guard. My wife landed in the hospital for what was certain to be a very lengthy stay with a great deal of physical therapy and occupational therapy required.

Our family began to pull together. My wife's parents flew in from upstate New York to give their daughter additional moral support. Friends and relatives around the country began prayer chains in their various churches and offered help. Our own church here gave us a great deal of support also.



Taking care of our own

The Presidio community was not to be left out of the picture either. The Headquarters Company USAG (US Army Garrison) and the battalion became involved. Their love and concern resulted in financial assistance. With the help of the post chaplains, they got us into military housing at Hamilton, easing financial pressures and giving us a boost in morale.

The Army Emergency Relief came through to help us with our car. The post chapel congregations united in a common cause; they all prayed for my

wife and our family through a prayer chain.

The prayer chains of numerous denominations here and around the country are paying off with miraculous results. My wife has been home for about two weeks now after only five weeks in the hospital. She can walk quite well and talk fairly well. Her memory is great. She, too, is astounded by all that everyone has done for us.

My wife doesn't plan on singing, "Pulling Together" tonight at our church talent show. So far, her great singing voice is the price she has to pay because of the accident.

The kind of accident that occurred

to my wife could happen to anyone, anywhere. But there is something unique to her accident—it occurred in an area where people have a great love for one another and care for one another.

Hopefully there won't be a repeat of this sort of accident for years to come, if ever again.

The important thing to know is that should a similar accident happen, the community and the Presidio community in particular, will "pull together" as they did for us.

We will be eternally grateful to the many souls who poured out their love which resulted in a unity so strong, that it united all faiths in the Presidio community.

This is so precious that it resulted in my wife's speedy recovery, which hopefully will become a total recovery.

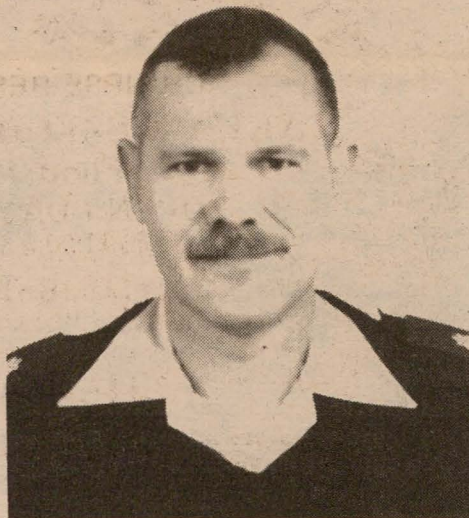
Our love and thanks go out to all of those, who like my family and church, pulled together in love and prayer. Again we thank all of you for all you have done for us. Our testimony of faith and prayer has soared. It is very gratifying to see how the Army Family "pulls together" in time of need.

Ramblin' Sam

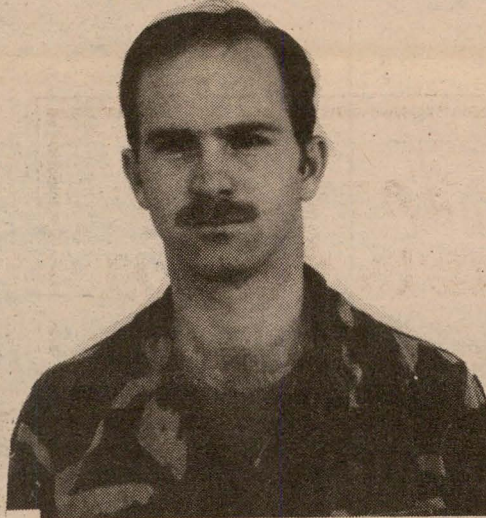
"Is the Army supportive of families? How?"



Jane Collier, family member, Yes, they are supportive of families. They have all kinds of activities, all year around for the families."



Maj. Sonny Broom, project officer, Sixth Army, "The Army is supportive of families. They offer programs such as ACS and the religious community is highly supportive of families. The help is out there; the people just have to be informed of where to look."



Sgt. J.D. Mason, supply sergeant, Post Chapel, "Yes, the Army is supportive of families. They helped us when we got here with the ACS loan closet. The Army people helped us through the Chapel. They've helped my family and still help my family. We can now make ends meet, since we are now in base housing."



SFC R.C. Lounds, personnel sergeant, MEPCOM, "Yes, they are supportive. A lot of people say they don't take care of them, but they do. They try to keep families together, and they go to great lengths to do that."

Poetry Corner

On Freedom's Doorstep

They have no roots to speak of,
A suitcase is their home,
They go where duty calls them,
They go there all alone;

They leave familiar places,
For parts they've never seen,
With bags and sleepy children,
To help preserve a dream;

Like pilgrims they will journey,
To start their lives anew,
And stand on freedom's doorstep,
Defending me and you;

Though often faced with hardship,
The likes folks seldom see,
Within their hearts,
They're proud they're called
An Army Family.
—Joseph L. Lujan

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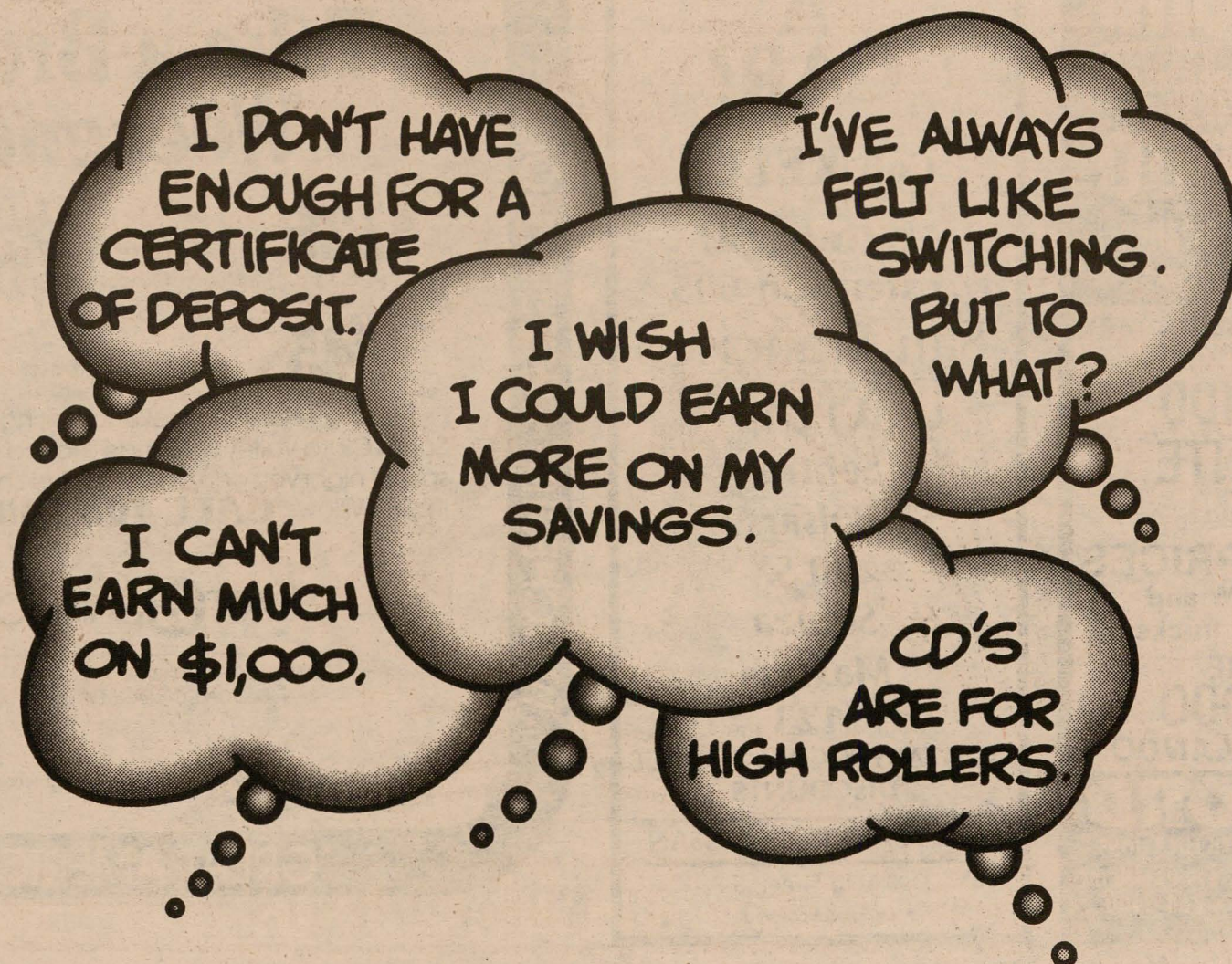
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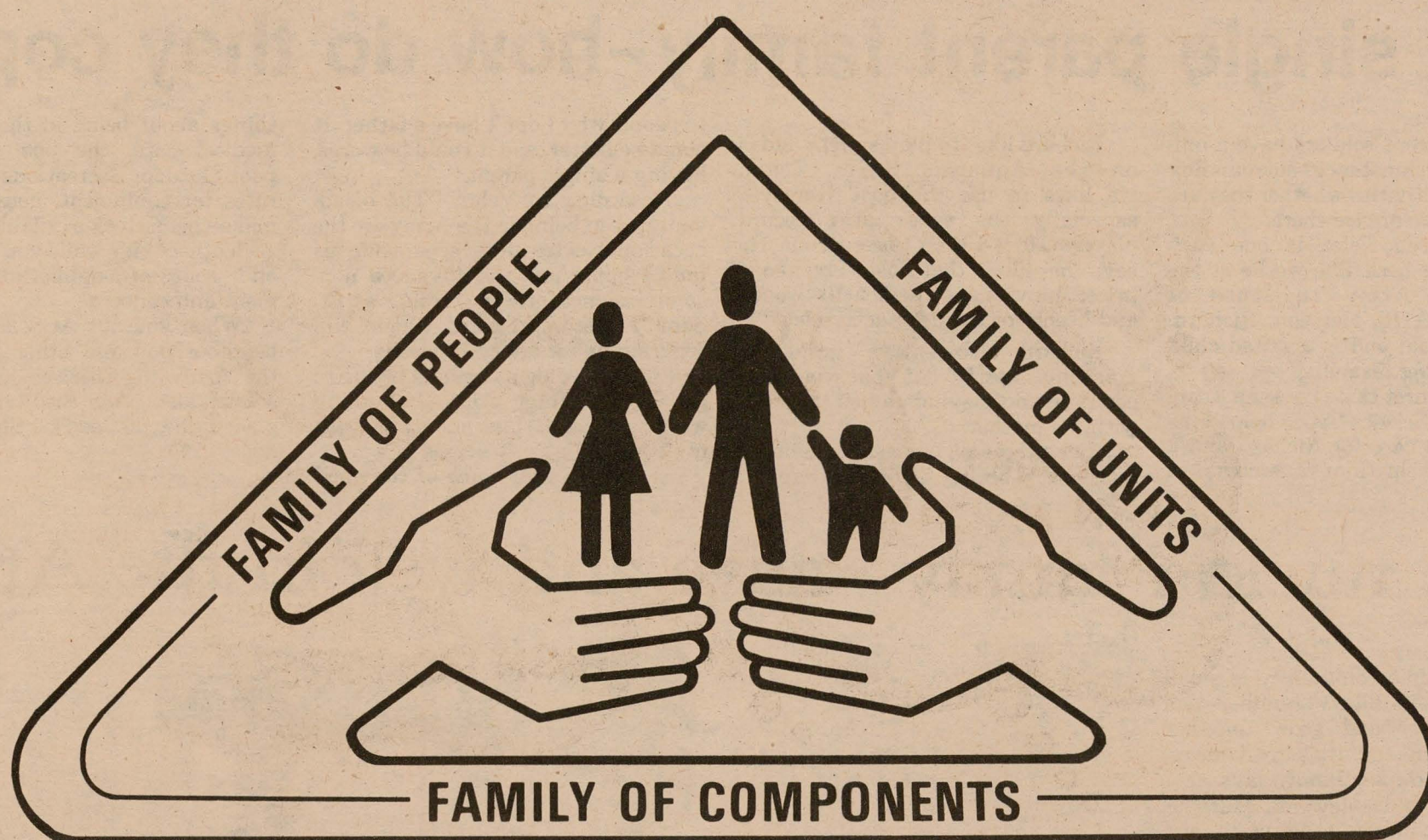
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| <p>Date Event/Location</p> <p>Nov. 17 Family Fun Run; Crissy Field area, 10 a.m. Prizes from PX. (MSAD; AAFES)</p> <ul style="list-style-type: none"> ● Musical "March Around" in housing areas, 8 a.m. prior to start of Fun Run to encourage participation with Provost Marshal escort. (6th Army Band; PMO). ● Blood pressure check booth in race area. (LAMC). ● Static display of equipment at race site. (HQ Cmd Bn). ● Crime Prevention van with McGruff and a finger-printing booth at race site. (PMO). ● Display of articles available for rent from Outdoor Recreation at race site. (MSAD). ● Legal Information Services booth in display area of Post Exchange, 10 a.m. to 4 p.m. (SJA). ● Alcohol and Drug Abuse Education/Information booth at race site. (ADAP). ● Parent/Youth Club sponsored party with youth from Ft. Mason and their Center. (MSAD). | <p>Nov. 18 Family-oriented worship services at both Catholic and Protestant chapels with refreshments served following all services, 9 and 11 a.m. at both chapels. (Chaplain).</p> <ul style="list-style-type: none"> ● Scotch Doubles Bowling Tournament, noon to 4 p.m. at the Bowling Alley, Ft. Scott. (MSAD). ● Indoor Family Picnic at Recreation Center with musical combo entertainment, 3 p.m. (MSAD). ● Retreat Ceremony with Boy Scouts presiding at Main Flagpole, 5 p.m. (Scouts; Maj. Clyde; PMO). ● Drum and Bugle musical support at Flag Ceremony. (6th Army Band). ● Welcome Supper for newly-arrived families in the Pershing, Brooks and Stilwell housing areas, 5 p.m.; ● Religious Activities Center. (Chaplain). ● Musical combo entertainment at Welcome Supper. (6th Army Band). <p>Nov. 19 Special meal prices and entertainment at both the NCO Club (Hawaiian Luau);</p> | <p>and the Officers' Club (New Orleans Dixieland Night). (ICM).</p> <ul style="list-style-type: none"> ● Family Fun Night at Swimming Pool from 4 to 6 p.m. with relay races, etc. for entire family. Point of contact: Brenda Lowe, 221-5048. (AQSC). ● Family Pool Tournament with prizes; Recreation Center, 7 p.m. (MSAD). <p>Nov. 20 Bingo/kids' movies at both NCO Club and Officers' Club with family meals. (ICM).</p> <ul style="list-style-type: none"> ● Family video movie; Recreation Center, 7 p.m. (MSAD). <p>Nov. 21 Lunch at Child Development Service for parents and children enrolled in Center, 11:30 to 12:30 p.m. (CDS).</p> <ul style="list-style-type: none"> ● PET (Parent Effectiveness Training) graduation, evening of Nov. 21, Child Development Service Center. (CDS). ● Fun Food Night at Cafeteria featuring meals, special, etc. (AAFES). ● Single Soldiers' Supper, Religious Activities Center, | <p>5 p.m. (Chaplain).</p> <ul style="list-style-type: none"> ● Ecumenical Thanksgiving Services, 7 p.m., Religious Activities Center, with musical handbell presentation. (Chaplain). ● Family Bingo at Recreation Center, 7 p.m. (MSAD). <p>Nov. 22 Thanksgiving meals at dining facilities. (HQ Cmd Bn; LAMC).</p> <ul style="list-style-type: none"> ● Family Night at the Movies: family feature, special prizes, door prizes, free popcorn and sodas, poster contest with judging, prizes. (AAFES). <p>Nov. 23 Family Refit Day</p> <ul style="list-style-type: none"> ● USAISC will hold their unit picnic during Family Week; date to be announced. ● Post Library will feature display of books on families plus a children's book display. ● <i>Star Presidian</i> is featuring articles on Army Family Week and post events celebrating Family Week. ● Posters will be designed and distributed. ● Banner will be strung across Lincoln Ave. with words "ARMY FAMILY WEEK". |
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At the movies

Presidio Theater

Fri., Nov. 16	Impulse (R)	7 p.m.
Sat., Nov. 17	The Karate Kid (PG)	2 p.m. & 7 p.m.
Sun., Nov. 18	The Karate Kid (PG)	7 p.m.
Mon., Nov. 19	The Karate Kid (PG)	7 p.m.

Tue., Nov. 20	The Wild Life (R)	7 p.m.
Wed., Nov. 21	The Wild Life (R)	7 p.m.
Thu., Nov. 22	The Jungle Book (G)	7 p.m.

Schwartz Theater

Mon., Nov. 19	Impulse (R)	7 p.m.
Wed., Nov. 21	The Karate Kid (PG)	7 p.m.
Thu., Nov. 22	The Wild Life (R)	7 p.m.

Focus on Families

The single parent family—how do they cope?

by Bob Walker

Single parent soldiers have a unique set of circumstances surrounding their daily activities whether they are stationed here or elsewhere.

Sp6 Sharon Velez is one such single parent here. She works at the Letterman Army Institute of Research (LAIR). Her son, Richard, is 13 years old and is a gifted child with a learning disability.

"When I first came here the Army Community Service (ACS) helped me to find child care for Richard and a school to help him overcome his disability."

Richard likes to play sports and is on the Aquarius Swim Team. He likes to use the post library—especially the tapes and record players. He is a First Class Scout. He says he likes the Post Exchange prices, movies and the nearby woods and beach for scouting activities.

Richard also enjoys going to museums, eating out, backpacking, camping and playing games together with his mother.

Richard said, "I miss not having a father. It's boring having to explain

to people why I don't have a father. It could be better, and it could be worse, having a single parent."

According to Velez, "The disadvantages of being in the Army are the occasional extra duty separating us for 24 hours and the advanced non-commissioned officer training at Ft. Sam Houston, Texas, which will separate us for about 10 weeks."

"Other problems include trying to get everything done—balancing work, personal time and time with my son."

She added that some of the good

things about being in the Army are medical care, the post swimming pool, Outdoor Recreations' low rental rates for equipment, neighbors who make themselves available to watch each others kids while you're on duty, and sense of neighborhood involvement and concern.

When you put ACS, a concerned neighborhood and other benefits of the Army together, a single parent soldier also finds the Army a good place to be, just as Sp6 Sharon Velez does.

The nuclear family—alive and well in the Army

by Bob Walker

The Presidio community is small enough that military families can work together and grow together with the many activities available on post, so the Danley family says.

Capt. Dave Danley and Mariane have four children ranging in age from five weeks to ten years of age, so they have had the opportunity to see this happen with their family.

Dave said, "In bigger communities, we didn't know who the coaches of teams were. Here, we rapidly get to know the people involved in the programs, as many are our neighbors. All the programs here are geared for both boys and girls. You don't see them (the Army) investing time and money in only one group of kids. There's a kind of enthusiasm here where everyone supports youth programs across the board."

Since arriving here, the Danley family has been involved in many activities such as horseback riding, piano lessons, the swim team, cub scouts, ballet and girl scouts. Dave has been a leader with the cub scouts program and Mariane has spent two years with a Brownie troop and is now with one of the Junior Girl Scout troops.

Their children also have a feeling of belonging and have a feeling of satisfaction being here.

Six-year-old Marc said, "I'd like to do things I can't do now." Marc will soon join the Tiger Cubs and get the chance to do all those things he'd like to try. His father said that they have already been doing the kinds of things with Marc that a Tiger Cub would do, such as making models.

Ten-year-old Mike said, "I like all the youth activities. There's not so many people on the Presidio, so I can get more singular attention which is helpful in some ways. Everything is so close, you don't have to travel like for an hour. You don't have to spend so much time on the road."

Kathy is a Junior Girl Scout and is 9 years old. She said, "I'm really interested in ceramics. If we weren't in the Army I couldn't do that. The only place I've seen where kids my age can do ceramics is in Idaho near my grandma and grandpa's. I try to go to



Mike Danley proves that air does have weight to his father, Dave.

photo by Bob Walker

ceramics class here every Friday; it's a good family activity. I love pottery and making things by hand. I hope to make all my Christmas presents.

"I'm glad I'm not a city kid. There's not so much litter here. In the city houses are like an inch apart. Presidio is really pretty and there's not so much traffic."

"My parents help me a lot on earning badges and getting ready for campouts."

According to Mariane, friends are close knit and there is a close neighborhood network. We know all the leaders of the troops. Being so small, everyone supports the same values through scouting."

Capt. Danley added that "Presidio has unique forest areas for young men and women to use for scouting. I'm very happy that the Army emphasizes the family. It's very important for people in charge to see that the soldier's happiness has to do with family happiness."



"Do you put a tail on a box kite?" Kathy Danley asks her dad as her mother and sister, Christy, help.

photo by Bob Walker

Focus on Families

Exceptional people make the EFMP work

by Liz Greeley

The Exceptional Family Member Program—what exactly does that mean? Who is 'exceptional'?

What that means to most people is 'handicapped'. But the Exceptional Family Member Program (EFMP) is not just the handicapped, (the physically handicapped, the retarded, or the delayed) it can also be the 'gifted'—the exceptionally bright child.

Exceptional family members aren't just children either. They can be any immediate family member, whether a soldier's spouse, child, or parent, according to Maj. Janet Curtis, officer-in-charge of LAMC's (Letterman Army Medical Center's) Obstetrics-Gynecology clinic. Curtis' 8-year-old son, Steven, is enrolled in the EFMP here. Steven has cerebral palsy.

Now that the program has been defined, why does the Army need it?

"For a long time it was a negative on your career, because of limitations you weren't considered mobile," Curtis said.

This resulted in soldiers not getting some assignments, some taking single tours and sending children to stay with parents, long separations... and stress.

But times have changed and the Army is changing with them—EFMP was started to help soldiers avoid situations like those just mentioned.

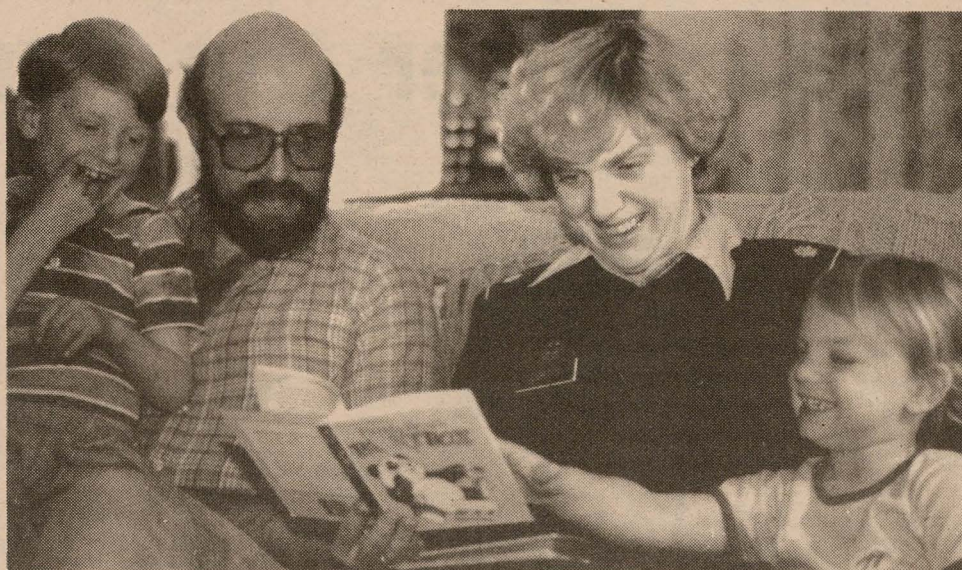


photo by Liz Greeley

The Curtis family enjoys some time together. They are (left to right): Steven Humphrey, 8, Dave Curtis, Janet Curtis and Jana Humphrey, 3.

Soldiers are now able to see to the needs of exceptional family members without sacrificing career goals in so doing.

For Presidio's EFMP, Curtis gives a lot of credit to Margie Dee who heads Army Community Services' (ACS) program.

"This is probably one of the best organized ACS' as far as exceptional family members that I've had in the 14 years I've been in the military, and I've had a handicapped child eight of those 14 years.

"There's a person over there (referring to Dee) who has her finger

on the pulse of what you need.

"We were shocked when we moved here. My word! An active one! I would say that this ACS is better than the three or four other ones that I've been around," she said.

What Dee and company do to help is simply have the right contacts, information, and references available for customers like Curtis when they arrive.

They help family members:

- Get into schools
- Find necessary agencies (which vary from person to person).

But they're not going to do the

work for you, Curtis cautions, though they provide valuable references.

Yet, as good as the program is, there are still areas in which the Army can improve its service, according to Curtis.

For instance, the Army could think about providing:

- Daycare for exceptional family members,
- Daycare for *all* family members on more than a nine-to-five basis. (Especially important to the single soldiers and those on shift work.)

"We're going to have to be smart and remember that if a soldier, and I don't care if it's a female or a male soldier, doesn't have to worry about what's happening to his family, he has his mind on his job," she emphasized.

The system may not be perfect, but Curtis credits Presidio's EFMP with helping relieve the traumas and stresses that the parent (or husband, wife, son, or daughter) of an exceptional family member goes through each time he goes to a new post.

"There has been a force here," she said, "and an interesting group that has said, 'We have an Exceptional Family Member program; ACS is here to help you and we're not going to forget that you're a part the Army Community.'"

Take a peek inside the Child Development Center

by Liz Greeley

The song says money can't buy you love.

Yet...

A small woman bends over a toddler one bright November morning. Her huge, dark eyes spill over with love and warmth.

"Love you! Love you! Good girl!" she says.

For another child, it's, "Tickle, tickle, tickle! Tickle, tickle, tickle!"

A mother and her children enjoying the day, obviously. What's the big deal?

Wrong. It's childcare attendant Martina Guerrero (unaware she was observed) and some of her charges at the post Child Development Center taking part in normal activities on a sunny November morning.

Tina, as she likes to be called, loves her job at the center, taking care of children from 12 to 18 months old.

She is from the Philippines where she was an elementary school teacher for eight years. Unable to get credentials here without refresher courses, she became a childcare attendant.

"If you don't love your work, what's the use of working?" she said.

Not only does she love her work, but her work loves her—or, more precisely, her charges love her.

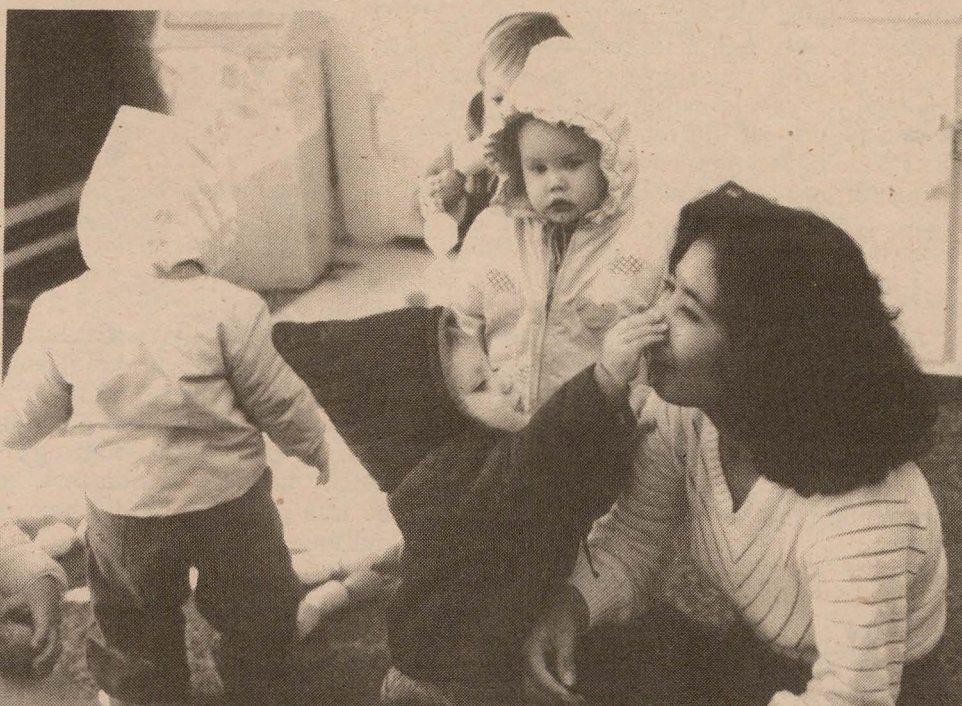


photo by Liz Greeley

Tina Guerrero and the toddlers play together at the Child Development Center.

At the age where they're speaking only a few words, they still manage to show how they feel.

Whenever Tina is in the room, she is surrounded by most of the 12 children in the toddler group. When they go outside to play in the morning sun, they still cluster at the low

gate separating the playground from the playroom, intent on Tina joining them.

A "Go to your teacher...go to your teacher, good boy!" from her is needed to get some of them out onto the playground. Still they keep coming back, looking up into her eyes

with expectant faces.

Every day she and another childcare attendant sing with the children, change their diapers, put them down for naps, and talk to them.

"I am happy because they are learning! They can't talk yet, but through their movements I can understand them," she said.

Why such closeness between Tina and her young charges?

Ironically, because, among other reasons, she had no one to take care of her son when she emigrated to the United States.

"I have one son, he's in the Philippines. I have to establish myself, I have to take care of my husband who is sickly, I have to come to work, and if I pay a babysitter—it's a lot of money. So I just decided to leave him with my parents," she said without bitterness, "and they can give him more opportunity.

"Maybe someday, or somehow, we will all be together in the future.

"[Meantime] if I miss my son, I just go play with the kids—I just devote my time with them."

Yes, it's true that money can't buy you love.

But at the Child Development Center, some lucky children get it for free.

Army Family Week Special

How ACS looks after the Army Family

by Bob Walker

The Army Community Service (ACS) is a soldier's best friend, especially in times of need. They have many services available which can help you through a crisis. They are here to serve you. The following stories by ACS staff may tell you if they can be of assistance. If you are still unsure as to whether they can help in your circumstances, give them a call at 561-5057.

ACS

by David Ciechanowski

Here's a good question for Ramblin' Sam. "What is the first thing you heard about life at the Presidio when you got your PCS orders?" My guess would be that some of those answers, from people who did some research before leaving their last duty station, would express their shock and alarm at the high cost of living in the Bay Area.

Ready or not...San Francisco and Marin counties are right up there with Washington, D.C. and New York City as the highest cost of living areas in the United States.

In my case, transferring from Europe (where right now Americans are living fairly high on the hog) that translates into some very serious changes in my standard of living. I could get depressed especially when I look at real estate prices, but working in Army Community Service I'm aware of some families whose financial problems make mine look trivial.

Here at ACS, Diane Newcomb works with up to 800 families a year, directly and indirectly, to help ease the burden of the financial strain of living in the Bay Area.

Most of her clients, unfortunately, are those families who have struggled with too many bills and not enough money until the problem is overwhelming. Sometimes this creates new problems, at work and at home, due to stress, lack of funds for recreation and even health problems due to improper diet. When financial problems reach a critical point, Newcomb can help relieve much of the crisis by working with the family and their creditors to negotiate workable solutions. For someone like me, who has never had a perfectly balanced checkbook, it's hard to understand how, but Newcomb can take a seemingly hopeless situation and make it workable to all parties concerned.

The most workable situations occur when a family comes to ACS before they are in deep financial trouble. Newcomb has a wealth of

knowledge about consumer affairs to assist clients with major purchases, computing interest rates, avoiding credit pitfalls, and avoiding those businesses with unethical practices.

The program is designed to relieve financial stress and help improve the overall quality of life for families of the Presidio, including those families living off post who usually have the least rank and money, and the highest expenses.

Right now, we at ACS are shifting into high gear to prepare for the holiday season when financial strain often puts a damper on the festivities. For those families that are having financial or other problems, we may not have all the answers, but we guarantee that we will do everything possible to assist them.

Army emergency relief

by Ursulla Sallee

It had been a long week for Elizabeth Johnson. Looking forward to the weekend ahead, she walked into her Pershing Drive quarters as the telephone rang. It was her father calling to tell her that her brother had been critically injured in a motorcycle accident. Elizabeth was needed back home. What could she do? An E-4's salary with three young children in school just did not cover the extra \$500 needed for her air fare.



which is a private, non-profit organization, is available to Army active and retired soldiers and their families during times of financial emergency hardships.

Presidio retirement services

by Thelma Wilkes

The Army command wants the message to go out to all retirees and veterans that they are an intricate and important part of the Army family.

Each generation has those persons willing to devote their lives to safeguard our country. As military retirees they are due courtesy and respect in their retirement—they have earned that! Dealing with retirees on a daily basis I have found them open, courteous and pleased with the services the Army is providing for them. They look back on their lives spent in the military as an adventure, an education and with a feeling of pride.

Leaving the Army and becoming civilians is a big transition in many areas. Retirement Services tries to keep aware of the different problems the retiree is facing at a given time and endeavors to supplement the program as the needs arise. With the help of volunteers we are enlarging our reference files to better help those with problems or questions.

Each day brings different questions:

...I have just returned from overseas. My records are in storage. I need them to qualify for educational benefits. Can you help me?

...I am 72 years old and my husband is bedridden. I can't take care of him by myself anymore—where can I get help?

...My spouse and I want to settle in a retirement home—can you give us some guidance?

...I am going into the hospital for a serious operation. I need to get my affairs in order. I am worried about my wife. How can I help her in case I die?

...My father, who is retired from the Army, is bedridden and needs to go into a rest home in a different state—can you give me the names of some rest homes?

...My husband just died and I do not know where to turn—may I come into the office and talk with you?

Being a mobile society many people do not have a close support system even in retirement.

We, at the Presidio Retirement Services, like to think that we can give support and help to those that request it.

Doreen and Paul Rivera were excited when they learned that Paul's first Army assignment was to be San Francisco. They drove across the Golden Gate Bridge and began looking for an apartment. After three days of searching, they discovered that they would require first and last month's rent and security deposit—extra money they had not anticipated needing. What could they do? An E-2's salary would not stretch to cover the \$1,000 needed to move in.

Leroy Jones received his Leave and Earnings Statement (LES), and much to his dismay, learned that he was not going to be getting his end-of-month pay due to an accounting error. Luckily he lived in quarters, so no rent was due, but he did have a wife and four children to support. He was worried. What could he do now?

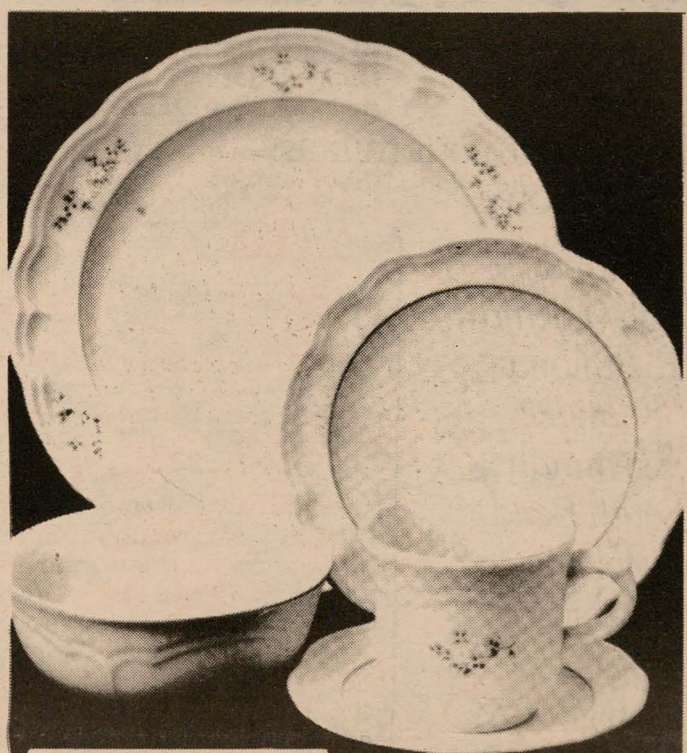
Although these incidents are fictional in detail, they can happen to an Army family at any time. This is where the Army Emergency Relief comes in to the picture. E-4 Johnson was put on emergency leave and was able to get a \$500 loan from AER to cover her travel expenses. E-2 Rivera was loaned \$1,000 to cover initial rent costs. E-6 Johnson was loaned enough money to cover food until the next payday.

During the past year, the Presidio AER Office gave out 455 interest-free loans and grants totaling over \$173,500. Army Emergency Relief,

aafes
Army & Air Force Exchange Service

Welcome to
Christmas

Sale



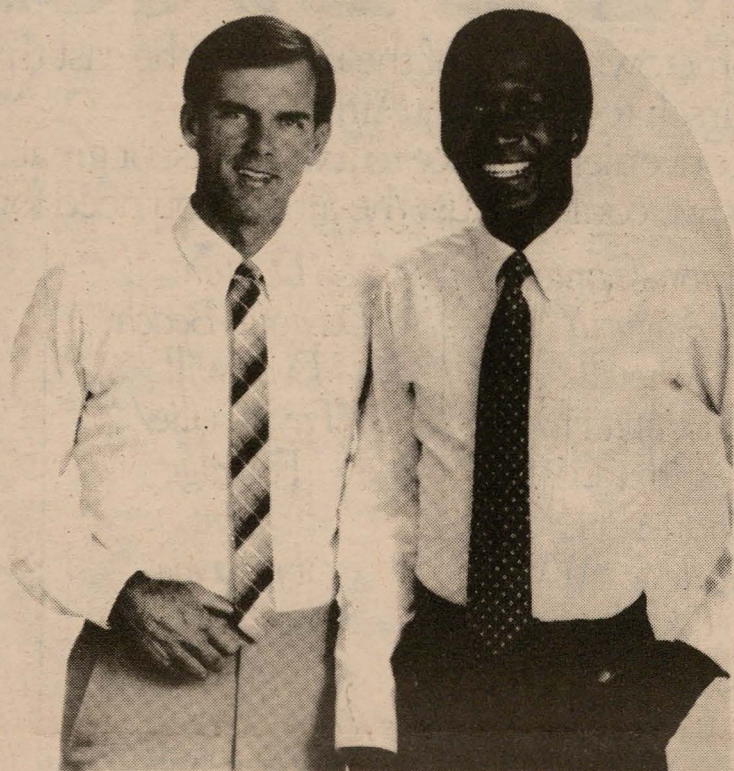
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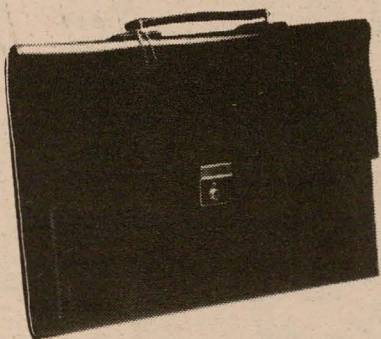
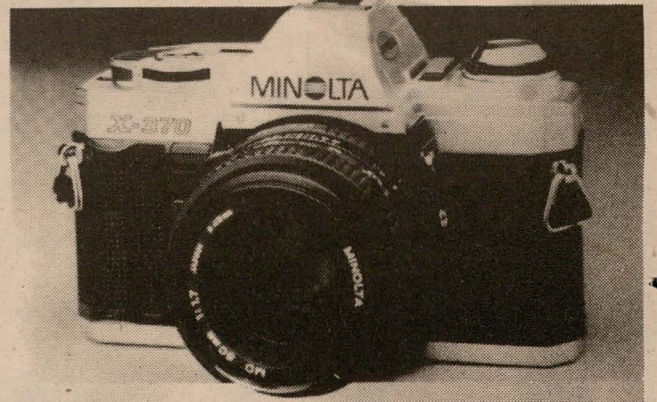
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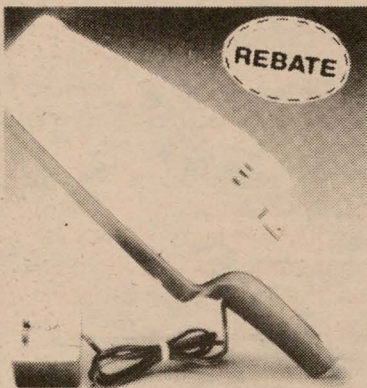
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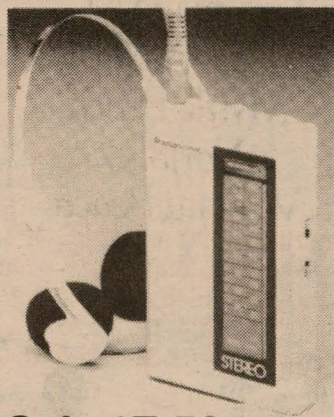
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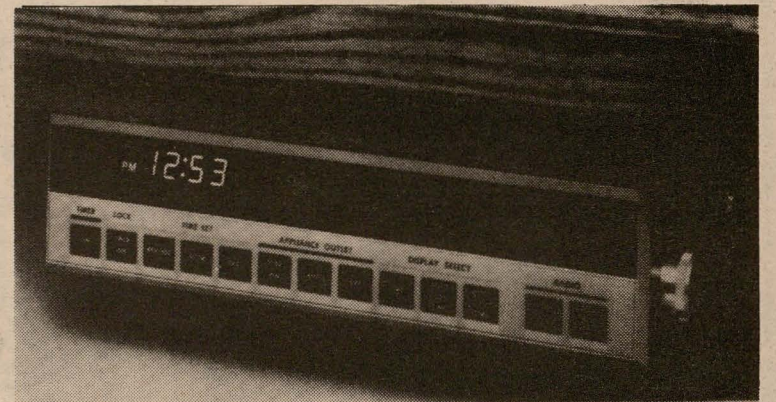
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Friday thru Sunday 23-25 November 84

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Sports

USAG wins flag football

USAG claimed the post football championships by coming back from the loser's bracket and defeating Co. D., 864th Engrs. twice, 12-6 and 14-12.

At the conclusion of the two super football games the deputy post commander, Col. E.L. Stevens assisted by DPCA Col. Joe Rittman and CSM Jim Emerson presented the awards to the champions and runner-up teams as over 200 spectators cheered.

'No-Tap' bowling tourney

Fifty men and 20 women participated in the "No-Tap Tournament" held at the Presidio Bowling Center on Veteran's Day. Prizes at a ratio of one prize per 10 entries were awarded. Winners were:

1st: Rick Fesler; 752; \$75
2nd: Len Shanks; 730; \$62.50
3rd: Curtis Looney; 700; \$50
4th: Dave Apatang; 684; \$37.50
5th: Marsh Denning; 668; \$25

Women's Division

1st: Mison Heredia; 618; \$63
2nd: Linda Schiarette; 615; \$42

The next "No-Tap Tournament" will be held on Thursday starting at 5 p.m. at the Presidio Bowling Center.

Come on out and score a strike on only nine pins on your first ball. Prize fund returned 100 percent.

Post Gym No. 1 Closure

Post Gym No. 1 will be closed Sunday, from 8 a.m. to 1 p.m. while the U.S. Military Academy Physical Aptitude Examination is held. The gym will reopen for use from 1 to 4:30 p.m.

Men's Basketball

The post men's basketball team lost two games last weekend to Travis AFB by the score of 78 to 96 and 84 to 95.

Post bowling team

On their home lanes, the post bowling team was true to their form as they wiped out Treasure Island and Beale AFB bowling teams, beating each team 26-4. Total points won by the Presidians were 52 points out of a possible 60 points. The PSF team is now back in first place by 6 points.

The team has some outstanding performances turned in by Len Shanks, with games of 212, 217, 218, and series of 604 and 543. Rick Fesler was super, winning all six of his match points with games of 223 and 213, with series of 567 and 577. Mark Pondelicek had a 214 and 589 series to defeat his opponent 3-0. On Sunday, the post bowling team will travel to Treasure Island. Match time is 11 a.m.

Jimmy the Freak

Please don't talk too loud...Jimmy had too much medicine last night. I had to celebrate, didn't I? After all, the Raiders lost and Al Davis tried to pull his hair out...but he couldn't get a firm grip. If he ever falls out of a boat, can you imagine the size of that oil slick! The man's living proof that grease can't kill. Anyway, check out these predictions...

San Francisco 37 - Tampa Bay 13

If we have another storm arrive on Sunday, and the playing field is under a foot of water, then the Bucs have a chance, because I've heard that Joe Montana cannot hold his breath under water. Otherwise, the 49ers are on a roll that won't stop until Palo Alto.

Cleveland 30 - Atlanta 17

A classic case of two teams going nowhere, with the Falcons getting there first. At last the Browns have some semblance of a defense. In fact, the Browns are only 11 offensive players away from respectability.

Dallas 30 - Buffalo 10

My prediction depends on who plays quarterback for the Cowboys. If Hogeboom starts, then the Boys should win by 20. If White starts, then Dallas should win by 19. Take your longjohns, Buckaroos!

Chicago 24 - Detroit 14

The Lions looked pathetic against the Packers last week; a team who can't spell defense, let alone play it! What chance do they have against the Halas Horde?...right...slim and zilch!

Green Bay 31 - Los Angeles Rams 21

This prediction is based on my own personal wish, I guess. I can't believe that the Rams will play as well as they have the past two weeks again this Sunday. The weather could be the biggest factor. After all, you don't see many surfboards in Wisconsin, do you?

New England 28 - The Colts 20

The Patsies had better watch out, or they might underachieve themselves into the playoffs. The play of Tony Eason gives credence to my longstanding observation that Steve Grogan is chopped liver compared to Eason's caviar.

St. Louis 34 - New York Giants 17

After two tough losses, I have to believe that the Cardinals are going to bounce back with a vengeance. Next to Joe Montana, Neil Lomax is probably the best quarterback in the NFC. This week, he proves it.

Seattle 27 - Cincinnati 13

The only way that the Seahawks will lose this game is for the wind-chill factor to be about -50°. Even frozen, their defense will come up with at least three turnovers. Hopefully, Chuck Knox will shake Sam Wyche's hand after the game. Otherwise, old Sammy might slap him silly!

Upset of the Week

San Diego 31 - Miami 24

The Dolphins have been sleepwalking the past few weeks. I look for Dan Fouts to put them into a coma with about 50 passes, most of which will be completed.

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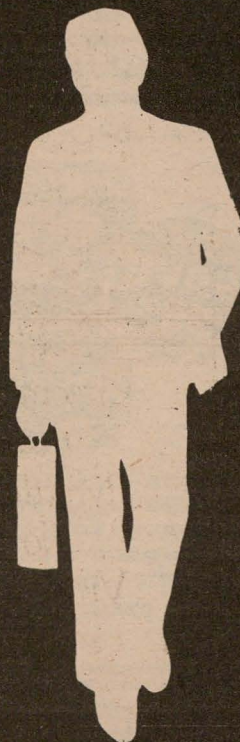
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'Mister D':
stories from behind
the signs / **pages 6&7**

Soldier of the Month:
DLI's soldier has
'can do' attitude / **page 5**

Herbal teas:
Nature's path to
healthy enjoyment / **page 9**

Star Presidian

Vol. 27, No. 46

"Published in the interest of the people of the Presidio of San Francisco."

November 23, 1984

News Briefs

Finance

During the holiday season, many soldiers will be requesting leave. As in past years, many of them will be reporting to Finance offices asking for local payments. Normally, they do not have a DA Form 2467 (Record of Local Payment) with them.

This causes unnecessary work for finance personnel and a hardship on soldiers in trying to determine their entitlements. Soldiers must make sure that before they go on leave they have enough money to cover all expenses and pay for their return.

Any soldier who thinks he may need a local payment while on leave must complete a DA Form 2467 before he leaves and take it with him. Soldiers *without* a 2467 in their possession may be **denied** a local payment!

For more information, call Capt. Gerencser at 561-2975.

Greyhound package deal

In addition to a leave fare program recently announced by Greyhound Lines, Inc., they have also agreed to give active duty soldiers a special personal package shipping program. A package weighing up to 100 lbs. can be shipped anywhere within the Greyhound Package Express System for a maximum charge of \$10! Not only that, but soldiers can both ship and *receive* packages at the reduced rate.

There are some size limitations for length, width, and height of packages, but any active duty soldier can use this reduced rate by just showing their ID card to either ship or receive packages. The program went into effect Nov. 15.

For more information about program specifics, the point of contact is Capt. Dennis Daugherty, autovon 289-1670.

Pharmacy renovation

Letterman Army Medical Center (LAMC) is renovating its Outpatient Pharmacy in order to provide more patient privacy and to increase the pharmacy's efficiency. The renovation will take about five months to complete, from November 15 until April 15.

During renovation, you should bring your prescription to a temporary booth that has been set up in the second floor lobby of the hospital. A runner will carry your prescription to the pharmacy trailer in the parking lot and return to the booth with your medication. The runner's travel between locations may add a few minutes to your wait.

If you need to have a prescription filled on a Saturday, you should bring it to the Inpatient Pharmacy on the first floor. That pharmacy is located in the center of the southern side of the hospital. Signs in the second floor lobby will direct you to the Inpatient pharmacy.

Happy Thanksgiving



Are you on DEERS rolls?

by Bob Walker

Medical care is one of the most important benefits of the Army—especially to those with families. If your entire family isn't registered in the Defense Department's DEERS program, you may find a family member rejected for non-emergency medical treatment or you may receive a bill for medical care already received.

How do you know if each family member is enrolled in the DEERS program?

According to Lawrence A. Bell, a military personnel clerk at the ID Section of COMPACT, "Pick up the phone and verify that your entire family is enrolled." You can call the LAMC records section at 561-3607 or 561-3104 to find out if your family is on the LAMC computer. You can also call toll free to the sub-terminal for Santa Barbara in Monterey to verify enrollment. The toll-free number in Monterey is 1-800-334-4162.

If you are not enrolled in the DEERS program, how do you get enrolled?

First, you must complete Form 1172. Active duty or retired soldiers' family members are eligible. It is the soldier's responsibility to see that three copies of 1172 are filled out for children under 10 years of age, and that a copy is kept in the service member's file. Retired family members need to show retirement orders with the sponsor's signature on the application; spouses must present

a marriage license. Spouses of deceased service members must present a death certificate, retirement papers and a marriage license. Disabled veterans are required to present a Veteran's Administration letter which is valid for only 90 days after receiving the letter.

According to Bell, soldiers going overseas without their families should make sure that their family members have cards that are valid for the entire time they are overseas to make sure they will have their benefits while alone stateside.

Active duty people have priority in the COMPACT ID Section from 8 to 9:30 a.m. only. If you are active duty, you should try to finish all ID business during these hours in order to avoid large crowds.

Should you encounter any problems with CHAMPUS or if you have any questions about CHAMPUS coverage related to the DEERS Program, call Charlene McCray, the health benefits advisor here at 561-4923.

It takes 90 to 120 days before an applicant appears on the DEERS computer, so check *now* to see that your family is enrolled, to prevent non-emergency medical care rejection or receiving a bill for care already received.

You may find peace of mind merely by picking up the phone and making a call.

Opinions

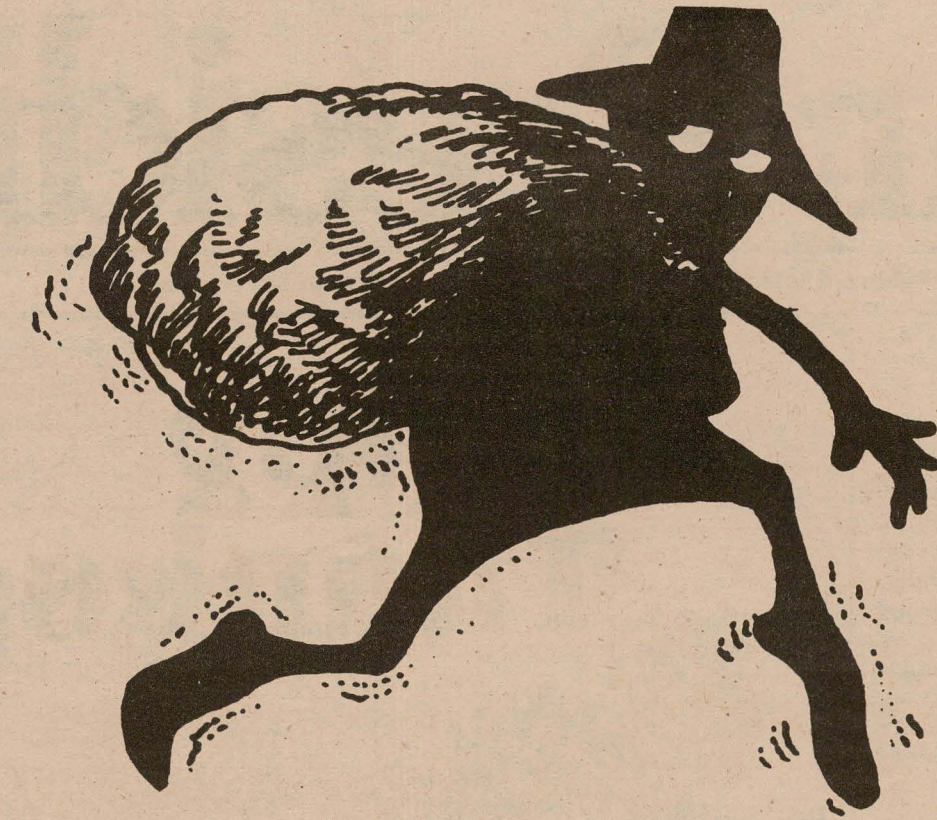
TAKE A BITE OUT OF CRIME

Security while shopping

Nighttime shopping introduces perils of its own—there are more muggers, pickpockets, robbers and drunks, and fewer store clerks, all of which works to the shoppers' disadvantage.

The Crime Prevention Office has developed the following preventive measures that may help make your Christmas shopping season more enjoyable and secure.

- Do not carry cash while shopping if it can be avoided.
- Use a charge account, followed in order of preference by a check, credit card or cash.
- Do not overdress while shopping.
- Arrange for delivery of parcels, if possible.
- Use a small table inside your front door on which to place parcels while you lock the door.
- Arrange to buy expensive items last to minimize the time you will have to safeguard them.



- Shop with a friend whenever possible.
- Select a secure parking spot, especially if your shopping is going to last past sundown.
- Leave only your ignition key with the parking attendant at a garage.

- Do not leave a purse unattended on a supermarket cart, or in a dressing room.
- Search for a purse or a billfold which has been lost in a store—thieves usually throw away all but money and in some instances, credit cards.

• If your stolen purse contains keys and identification, change your locks.

• If you must carry money from a cashier's cage to a register, protect it.

• Keep your purse off the floor when using public rest room so it cannot be stolen.

• Be sure that only your own credit card charge has been validated.

• Beware of the switch of a stolen credit card for your own.

• Take extra precautions when shopping after dark.

• Do not go to self-service or unattended merchandise or service outlets alone at night.

• Be cautious when using 24-hour banking equipment. If you notice suspicious-looking people 'hanging out', wait until they leave or visit another branch of your bank.

• Select random, difficult to guess, identification numbers for use with bank cards. If you use several different bank cards, select different ID numbers for each.

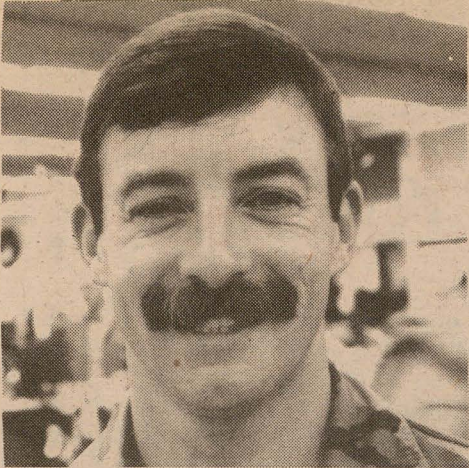
And finally...

Watch your surroundings. Be alert for suspicious people, especially around banks, stores, streets and your home. Shop safely this Christmas.

If you have any problems, call the Military Police at 561-2252/2253.

Ramblin' Sam

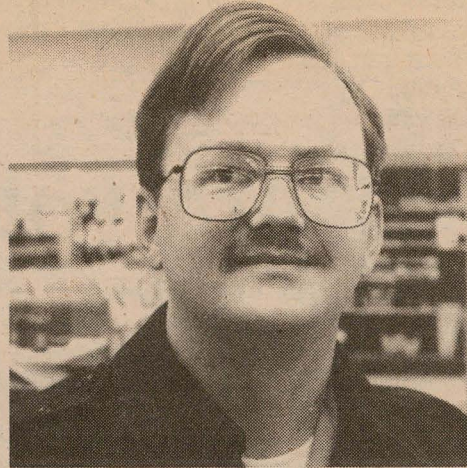
"Are there any traditions you observe at Thanksgiving?"



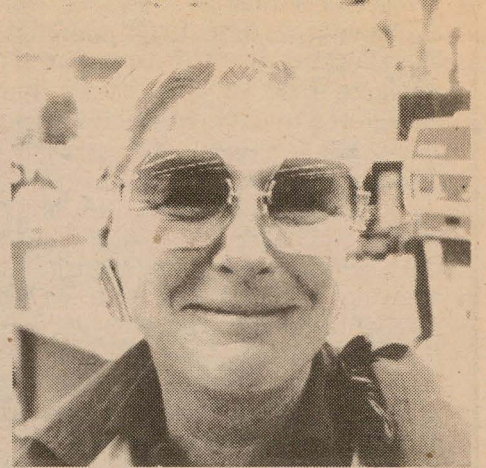
SSgt. Jim Allen, senior weapons sergeant, HHD 3rd Bn., 12th Special Forces Group: "Just the basic turkey and we bring everybody together in one shot."



Priscilla Cody, family member: "It's just me and my daughter this Thanksgiving; my husband isn't here. We'll have a turkey and all the trimmings with a pumpkin pie."



Capt. James Dallman, resident, LAMC: "We eat the traditional turkey and we get together with as many family members as possible."



Anna Maria Martin-King, family member: "I'm European. I've got a custom of a turkey and all the trimmings and if there is snow, we ski—I'm an ex-racer. In Austria we bring food to the church on the last day of October when the harvest is over. We thank God we have something to spare."

Editorial

Special Thanks

I wish to express my Special Thanks to all my friends and associates at the Presidio for their sympathy and contributions during my time of bereavement...

Perhaps you sent a lovely card,
Or sat quietly in a chair,
Perhaps you sent a floral piece,
If so I saw it there;

Perhaps you spoke the kindest words
As any friend could say,
Perhaps you were not there at all,
Just thought of me that day,

Whatever you did to show you cared,
I thank you very much.

—Carolyn C. Bradford (Maness)

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Beware of solicitors!

Star Presidian
Nov. 23, 1984 3

by Gary A. Medrigy

Every day the post is visited by salespeople. You may have been confronted in your quarters, around the post exchange, at the Officers' or Noncommissioned Officers' Club, and at work. You may have been called over the telephone during duty hours.

Presidians should be aware of the provisions of Army Regulation 210-7 which regulates the practices of salespersons on military installations.

The following is a brief list of *prohibited* solicitation practices:

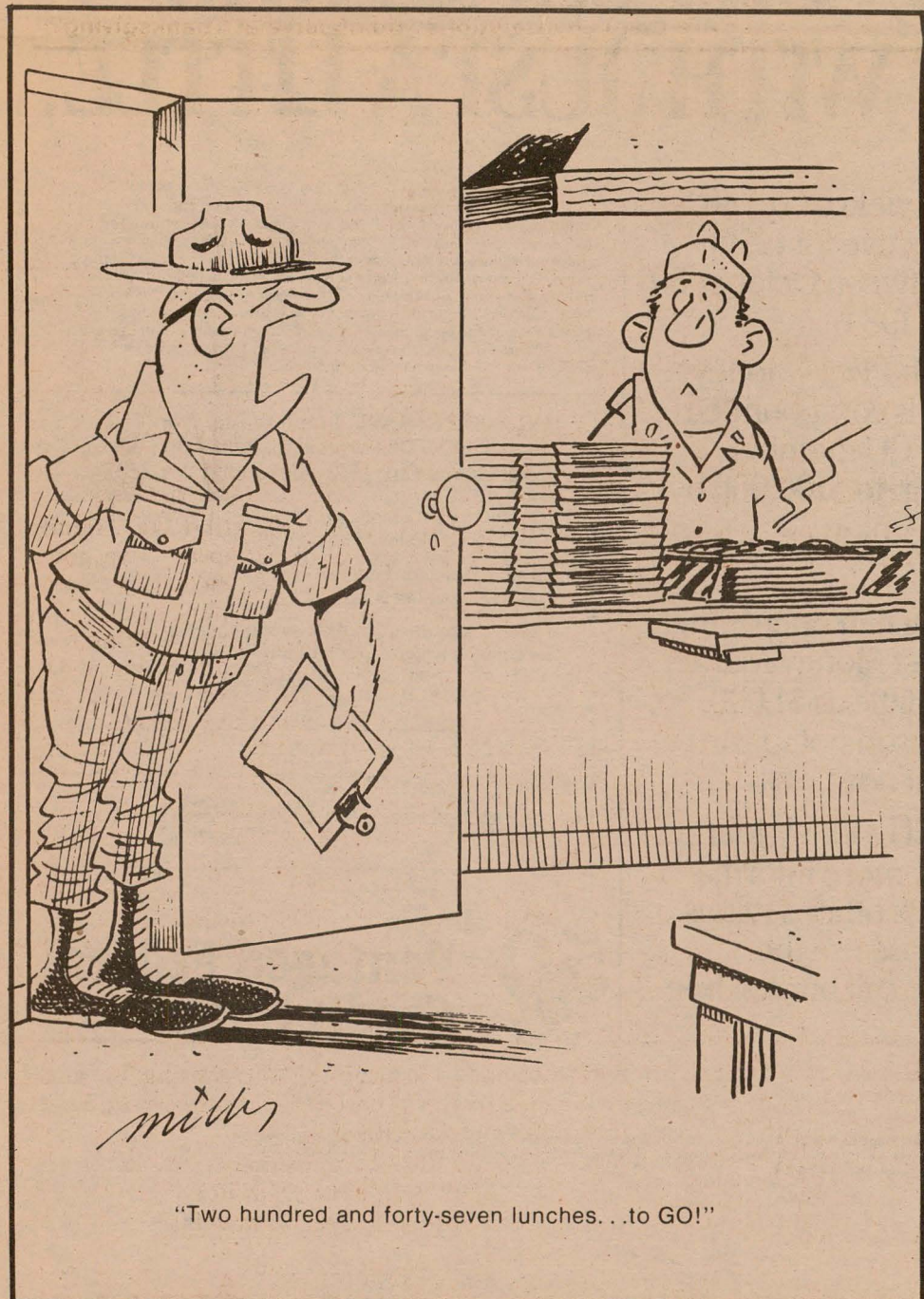
- Door-to-door sales without a prior appointment;
- Appointments with, or solicitation of, soldiers who are in an "on-duty" status;
- Agents possessing or helping to process allotment forms;
- Solicitation of mass, group, or captive audiences;
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- Any representation that the Department of the Army endorses the company or its agents;
- Insurance solicitation of DoD personnel on a military post;
- Solicitation of any kind, on or off the installation, by an active duty member of the armed forces of another member who is junior in rank.

All life insurance agents must have a current solicitation permit before conducting business on the Presidio. An interested person may simply ask to see the insurance agent's installation permit. Additionally, any insurance policy which has restrictions because of military duty must clearly indicate such restrictions on the face of the policy. Soldiers in the grade of E-1, E-2 and E-3 should seek counseling from the unit insurance officer before a policy is purchased. Counseling will be based on the DA Form 2056 and policy information that the agent must leave with the service member *prior to signing a contract*; there is a *mandatory* seven day 'cooling off' period before an insurance contract may be signed.

The Truth-in-Lending Act, Federal Trade Commission Rules, and Standards of Fairness provide additional protections to Presidians. For example, if you purchase, lease or rent any consumer good from door-to-door salespersons the contract must clearly state that you have a right to cancel within three business days (16 CFR 429).

If anyone has a complaint or question please call the Office of the Staff Judge Advocate, Capt. Gary A. Medvigy at 561-2588.

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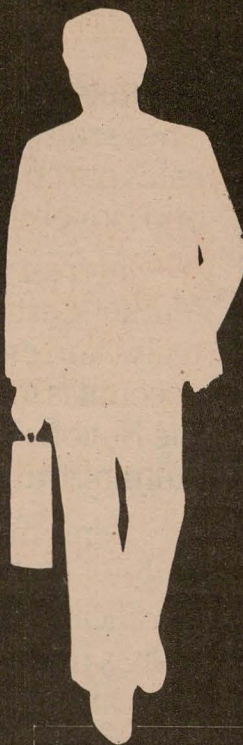
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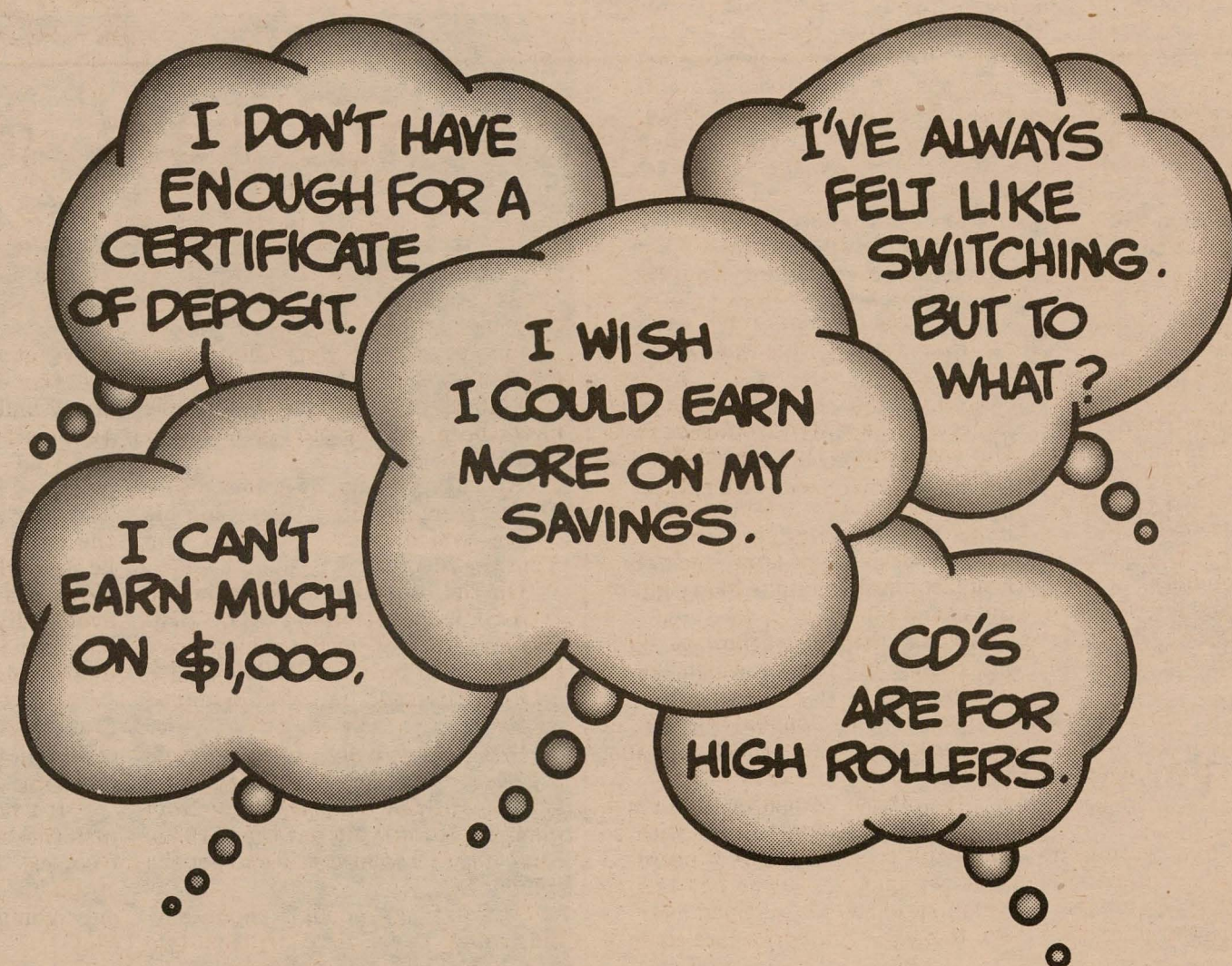
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Feature

October Soldier of the Month gets job done

by Liz Greeley

A soldier from DLI-SF (Defense Language Institute-San Francisco) won the October Soldier of the Month (SOM) competition.

Sp5 Thomas C. Hiner, age 25, is the legal clerk and assistant operations NCO for DLI-SF.

Though the competition was tough, "I felt really confident going in—I felt the most relaxed I've ever felt in front of a board," he said with a twinkle in cornflower blue eyes.

When asked if he thought he would win, he said candidly, "I sure wanted to...yes, I thought I would."

One would imagine that his mother back in Houston is quite proud of her son.

Though he now considers Houston his home, the list of places he's lived reads like a travel agent's itinerary.

For example...

He went to the first grade in South Africa, the fifth grade in Australia, and the 10th grade in Iran. In between living in these exotic

lands, he spent his youth in the Southeast...of the United States.

He lived in so many different locales because his family traveled with his father, who was in the oil business.

Not unlike some soldiers' children, he feels he benefited from the travel. He said travel broadened his experience.

For example, when his family lived in South Africa, they lived on a game reserve at one time, and zebras would come up and take food right off the picnic tables.

In Iran, he learned how to ski in the Elburz Mountains which border Russia.

Through this unusual lifestyle, he learned a great deal—more than just how to ski.

"It was an education in human relations for having to deal with so many cultures and types of people. I think it expands your understanding of human nature; it's helped me.

"It makes you appreciate some of

the things we have here as well," he added in his soft, southern drawl.

But this background wasn't a large factor at the Soldier of the Month board. To what does he attribute his success?

"Mostly it's the fact that people have been willing to give me a chance," he said.

By that he said he meant being given responsibility early in his career, which better prepared him from the future.

On the other hand, according to DLI-SF operations NCO, SFC Johnny Abshire, success may have had more to do with Hiner being a well-motivated, mission-oriented soldier.

"He can really bring things together; he's good at organizing things. He can do everything from planning to carrying out the garbage cans, if that's what it takes to get the job done.

"I can't say enough about how motivated he is. I've written two

EERs (Enlisted Efficiency Ratings) on him and I can't find enough good things to say about him," Abshire said.

What especially impressed him was that Hiner did 90 percent of the study and preparation for the board on his off-duty time, he said.

"He'll go far in the Army, or anything he tries," Abshire said.

Hiner said he is planning to make the Army a career at this point, but he would like to change career fields. He wants to become a DLI student, eventually becoming a German-language interrogator in the military intelligence field.

And October's Soldier of the Month has a message for other people eligible for the Soldier of the Month program.

"It's fantastic, and it's more than just the booty [the gifts each SOM receives]. But there's nothing to be afraid of—they can't hurt you, you're only going to come out better," he said.

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Mister 'D'

Painting the signs of the times

by Bob Walker

Many things were done during the 1970's to make the Bicentennial a special year for our country. At Presidio, one special accomplishment was the creation of an authentic "Presidio Crest," which actually is an interpretation of the Royal Spanish Coat of Arms.

Presidio's sign painter, currently a part of the Department of Engineering and Housing (DEH), Roy DeVincenzi spent many hours doing research to produce the most authentic "Presidio Crest" possible.

During the course of research in 1972, DeVincenzi determined that the crest displayed in the Officer's Club was incorrect. The placement of the castles and lions was reversed, as they were on the cannons in front of the Officer's Club. The cannons were made in Peru in 1673 and didn't properly reflect the Royal Spanish Coat of Arms.

However, DeVincenzi's research proved his point about the crest, as Spain always had the castles displayed in the upper left and lower right quarters.

But that's only a small portion of DeVincenzi's work here; he has made Presidio signs since 1960. When he first started here, all signs were hand-painted, taking much more time to complete than they do today with

modern equipment.

Before coming here, he worked in television and commercial art. Today his workshop displays signs he has made over the years. Some are very intricate in design, without a doubt having taken a great deal of time to complete.

"It's a one man operation," DeVincenzi said of his job, which today involves making signs only for real property (houses and buildings) and traffic signs. At one time he made signs for special events too, but regulations now prohibit that.

Many of the signs displayed in the sign shop carry stories with them.

A beach curfew sign was a problem in the mid-1960's. Beachgoers would tear them down to make campfires for roasting hot dogs and marshmallows, according to DeVincenzi.

A brightly-colored "Seasons Greetings" made in 1960 still glitters its message beautifully.

But one of the most beautiful and artistic creations of DeVincenzi still remains the "Presidio Crest," a result of painstaking work to make the Bicentennial of our nation more meaningful to the Presidio and its inhabitants.

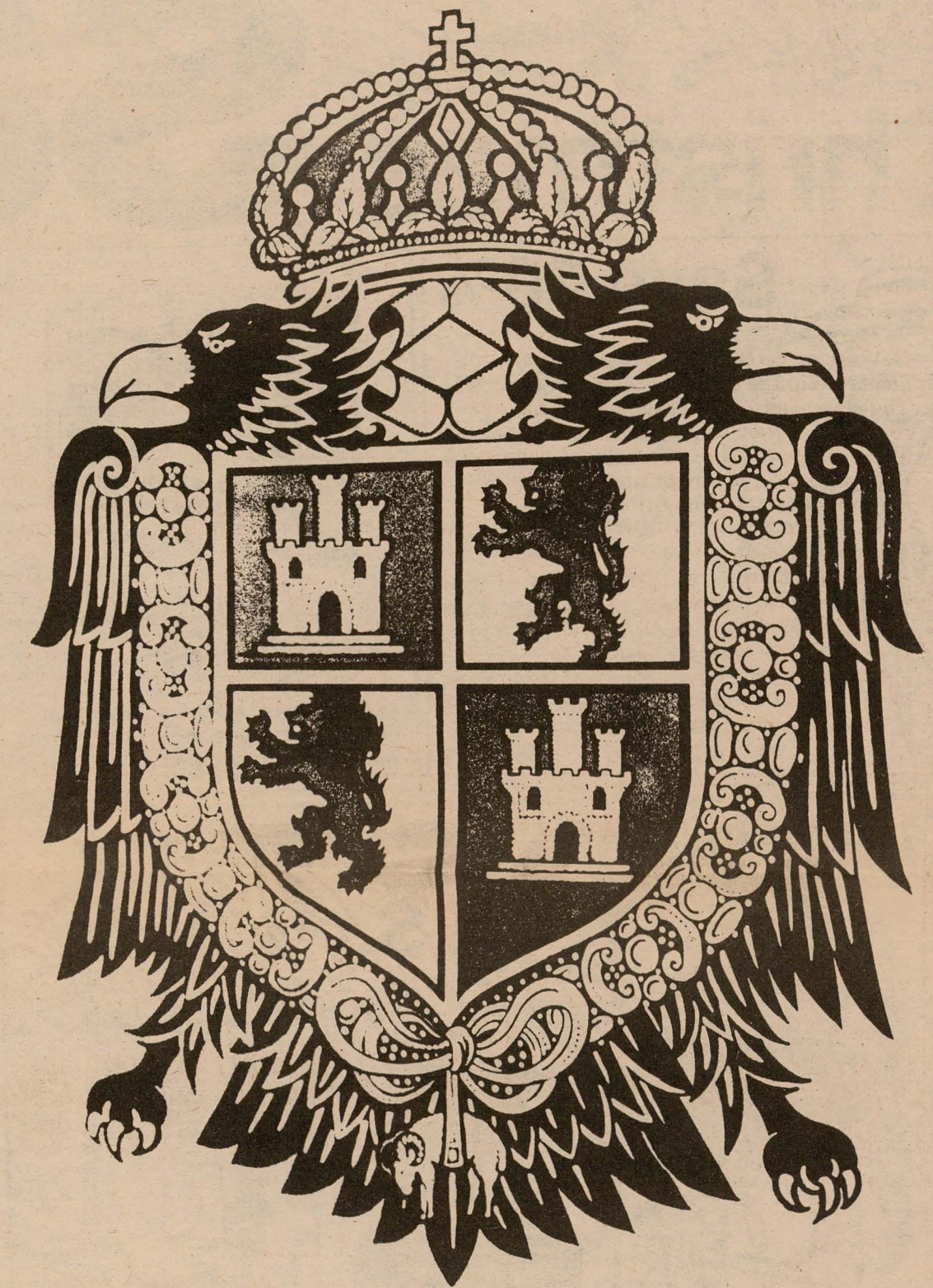
photos by Bob Walker



Post Beautification Week was promoted by this sign created by DeVincenzi about 1965.



DeVincenzi sizes up the specifications for this Sixth Army sign.

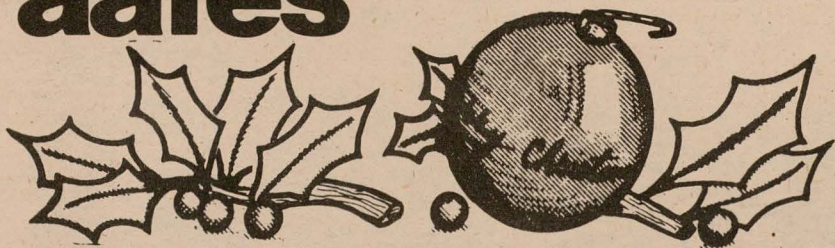


DeVincenzi designed this 'Presidio Crest' for Presidio's Bicentennial celebrations in 1976.



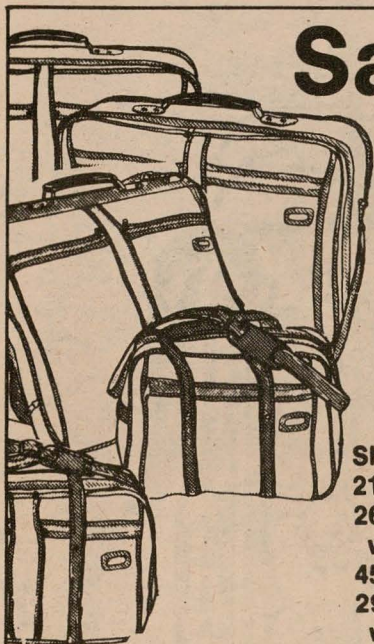
This 'Season's Greetings' was created by DeVincenzi in 1960 and now hangs in his workshop.

aafes



Christmas

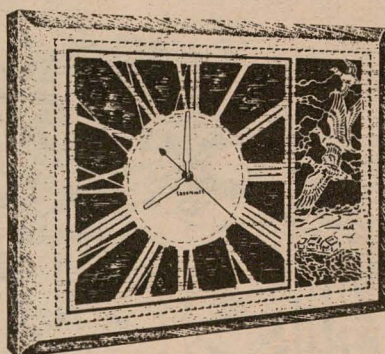
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Oleg Cassini Avante collection by Airway. Durability and lightness are combined in the 420 denier nylon construction. Tan only.

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Shoulder tote	22.50	17.95
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26" Pullman w/wheels	42.50	33.95
45" Garment bag	42.50	33.95
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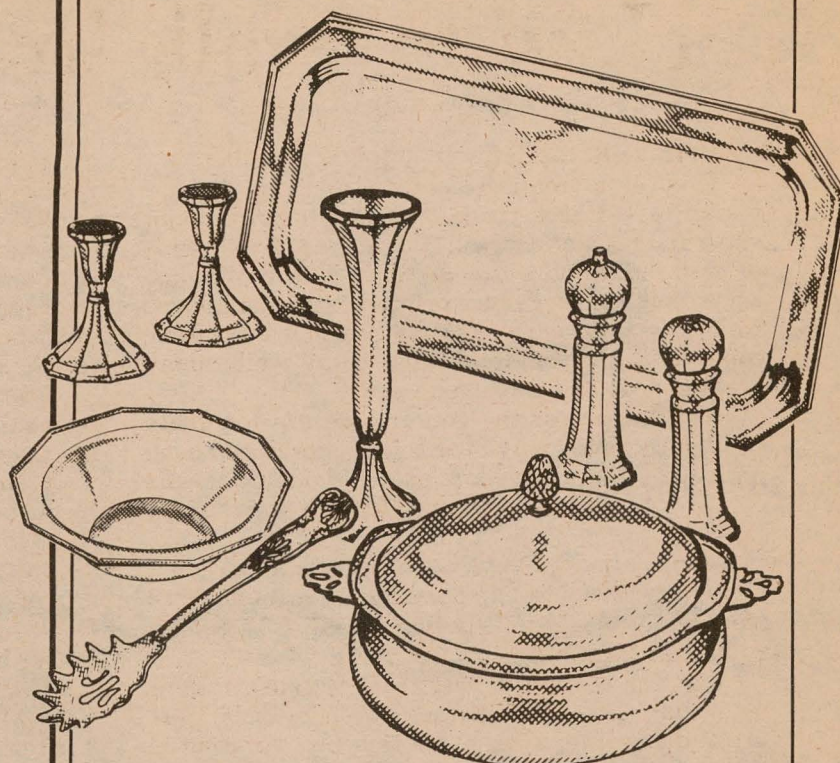
For Him

	Our Reg	Sale
Royal Copenhagen after shave lotion, 4 oz.	13.75	9.60
Royal Copenhagen cologne, 4 oz.	18.00	12.60

For Her

	Our Reg	Sale
Opium perfume, 1/4 oz.	46.00	31.95
L'Air du Temps purse spray, 1/5 oz.	28.00	18.95
Joy eau de perfume, 1/4 oz.	56.00	38.95
Arpege perfume mist, 1/5 oz.	22.00	14.95

Reed & Barton Sheffield Silverplate



	Our Reg	Sale
8" vase	13.50	9.40
Pasta scoop	14.50	9.95
5" candlesticks	29.00	19.95
10" bowl	33.00	22.95
6" salt/pepper mill	36.00	24.95
20 1/4 x 10 1/2 tray	54.00	37.50
1 1/2-qt. casserole	66.00	44.95

Wednesday through Sunday 28 Nov - 2 Dec 1984

Feature



photo by Thomas K. Squier

Herbal teas

How to 'walk in balance with Mother Nature'

by Thomas K. Squier

There is a tremendous interest these days in herbal teas. Check the commissary or any major supermarket and you will find at least five brands of herb tea in more than a dozen flavor combinations. Some packages are printed in four languages while others have few, if any, English words. Some come from thousands of miles away while many are prepared and packaged nearby.

In this part of the country we are fortunate enough to have many health food stores and even herb stores. In the yellow pages of one California city's phone book I found five listings under 'Herbs'.

Many large restaurants, airlines, and caterers now offer herb teas. Popular? I even found herb teas being sold at the bar in the Monterey American Legion!

Why the interest in herb teas? Because of their medicinal value, herb teas have been a regular part of the diets of many cultures that are represented by local residents. An increase in research brought on by fear of cancer-causing ingredients of so many commercial products also has brought to light the safety and benefit of herbal teas.

Although the most common and popular herbal teas were created for taste and enjoyment, they all contain natural beneficial ingredients which are also used in herbal medicine. Some combinations were made specifically because of their healing properties—to ease cold discomforts, fight stomach gas, promote relaxation and thus make sleeping easier—even to encourage milk production in nursing mothers and to treat specific ailments.

Herbal drinks come packaged in many forms—the most common being the customary

'tea bag'. The ingredients also come loose in bulk packs to be used with strainers or tea balls. Herbs also come in capsules to be dissolved into a tea or in the more modern freeze-dried preparation.

One can raise herbs in the garden or in flower pots on a window sill or one can go out and gather wild herbs and prepare them at home for later use. Health food and herb stores now offer tea bag kits for the do-it-yourselfer.

There are a few easy to remember guidelines for increasing the enjoyment and benefits of your herbal tea:

- No matter what form you're using—tea bags, bulk-pack mixtures, or your own combination you have either grown or gathered—steep your tea in a china or glass cup or pot. Even in this age of robots and computers, *don't use plastic!* Don't use aluminum pots either. Boiling water causes both to give off chemicals which affect both the herbal tea and your digestive system.

- Also, herbal teas are best steeped in a covered pot or cup so the volatile oils aren't wasted in the steam. Just pour boiling water over your herb and cover. Allow to steep about five minutes. Longer steeping and closed containers provide a stronger tea. If you use loose herbs you will want to use a stainless steel 'tea ball' or a bamboo strainer.

- When gathering wild herbs (which you first positively identify) or harvesting your own green-thumb efforts, remember sunlight and heat steal the oils from drying herbs. Gather the plants early—as soon as the morning dew dries. Hang in loose bunches in a dark, airy place like a closet or under the steps to the attic. When the plants are dry enough to crumble, seal them in airtight jars and store in a dark place. If you have a spectacular harvest, you can dry your herbs, pack in plastic

bags and store them in the freezer. On the other hand, you might want to trade them with a friend.

Many of the commercially prepared teas contain the same, or common ingredients and you will have to shop around for those that suit your taste and budget.

Several herb teas contain various mints which give flavor, calm the stomach and nerves, stimulate the appetite and relieve gas and excess acid.

Blackberry leaves are found in some brands, too. Not only do they provide a pleasing taste, but they are an excellent natural cure for diarrhea.

Strawberry leaves are added to some teas as a sweetener...which brings me to another point—avoid refined sugar and use honey if you must sweeten your tea.

Obviously, there are many ingredients shared by many of the tea packers, so I'll only mention one more—camomile.

The flowers are added to a tea of used alone to provide flavor and aroma, but camomile also fights fever, reduces stomach cramps and relaxes the nerves and stomach.

One last statement—in this ever-growing world it is especially important to try to "walk in balance with Mother Earth" as the Indians say. If you go out to the woods by a stream to gather some wild mint, for example, sit down a few minutes first to relax, enjoy and appreciate. Then if there are say, five plants you want, take only two. If seeds are present, break some of them loose and drop them in a new location on the way back. Drop a few seeds there from somewhere else.

Really, WALK IN BALANCE!

(Author's note: In case you wonder why there are acorns in the photo, it is because they are used by many herbalists as a coffee substitute).

Community Calendar

Finance, Travel Section

Finance's Travel Section has cut its hours while the section's staff catches up on an extremely heavy workload, according to Travel Section chief, Mary Guthrie.

Travel Section is closed to both customers and phone calls from 7:30 to 11:30 a.m., except for emergencies.

They are open from 11:30 a.m. until 4:15 p.m., Monday through Friday. The hours change went into effect Nov. 19 and remains in effect until further notice, Guthrie said.

Christmas craft bazaar

One day only! Friday, Dec. 7 will be the day Harmon Hall becomes a Christmas Wonderland. Be sure to stop by between 10 a.m. and 6 p.m. to enjoy the splendid variety of unique crafts and find that special gift.

Come for coffee, come for lunch. The Country Kitchen will be serving hot dogs and fixings (chili or sauerkraut), chile, nachos, coleslaw, turkey salad, Texas sheet cake, rice crispy bars and drinks; everyone is welcome! Harmon Hall is bldg. 649, down the street from the PX and across the Coast Guard Station. Don't miss the Christmas Craft Bazaar!

Tri-cultural concert

Bring your own bag lunch and celebrate Christmas in German, Spanish and Korean!

Members of the Defense Language Institute—San Francisco Branch (DLI-SF) will be presenting their second annual Tri-Cultural



photo courtesy Spanish Riding School

Breathtaking beauties

The famous Lipizzan stallions of the Spanish Riding School of Vienna perform at the Cow Palace on December 2 at 2 p.m. Discount tickets to their first West Coast performances can be picked up at the Recreation Center ITT office, bldg. 385. Tickets cost \$17.75 for Dress Circle Center seats and \$8.75 for corner seats. For more information call 561-3992.

Chorale Christmas Concert at the post movie theater, bldg. 99, Friday, Dec. 7 from 11:30 a.m. to 1 p.m. The program will consist of

Christmas songs and acts in the three languages taught at DLI-SF: Korean, German and Spanish. The students and faculty of each language (who combined their talents to create and produce the show) will perform traditional Christmas music of their respective cultures. A narrator will explain the acts during the show for those who do not understand the language being used. A program will also be on hand for further explanations.

All Presidio of San Francisco personnel, military and civilian, are invited. The concert is free and provides an opportunity to share in a major part of the spirit of Christmas: Peace and Goodwill among mankind, regardless of origin, language or background.

Rec Center news

Join us for exciting Recreation Center tours in December such as:

- Valley of the Moon wine tour on Saturday, Dec. 8, from 10 a.m. to 5 p.m.; cost is \$5.
- Motorized cable car Christmas tour—a 'San Francisco After Dark Spectacular', on Friday, Dec. 14, from 6 to 9 p.m.; cost is \$10.

Special events

- Beginning in December, the Rec Center will offer 'Do-it-yourself' gift-wrapping. This will continue 'til the night before Christmas!
- Noted local artist, John Scot, will sketch caricatures and cartoon drawings at the Recreation Center on Sunday, Dec. 9, from 3 to 6 p.m. There is no charge for this program—come early!

... the write stuff ...

by Richard Wetzel

Well, I warned you! It was bound to happen sooner or later, and now that it's later, it's happening, and probably won't let up until much later...I'm speaking, of course, of the rain...the kind of rain that makes mud puddles, the kind of rain that gets my hair wet and makes it look longer (honestly, I just got it cut, sir!) and the same kind of rain that comes in the window over my desk and soaks the paper in the typewriter...gee, this is only the first paragraph and already I'm water-logged...and prune.

This rain might be dampening to our spirits, if it were not for the holiday season approaching us. In the midst of the afternoon showers, folks are busy doing early Christmas shopping (the post-Thanksgiving, pre-Christmas sale is now on), making airline reservations, in search of the perfect tree or planning the office party.

If you were "fortunate" enough to be the one "they picked" to be on the office party committee, consider this: the 12th Annual Dickens Christmas Fair is offering a dance party and Christmas feast to organizations, businesses and corporations. Held inside the Oakland Fox Theater, partygoers will be surrounded "by the sights and sounds of Victorian London at night, its enchanting gas-lit

music halls, steamy dockside ale houses, winding streets and passageways where sleazy toffs, ladies of the night and Prince Bertie's companions lift a champagne toast to the holiday season...(wish I'd said that)...and mingling with your guests, could be David Copperfield, Oliver Twist, Charles Dickens and Queen Victoria...and how much \$\$\$\$ for this extravagant fantasy? According to Kent, at Abbott Group Sales, \$7 per person, with a minimum of 50 people or \$3,000 with an unlimited guest list, and you get the place to yourselves...hell, let's invite the whole Army...for more info and reservations call 434-4623...dotty, dot, dot...

WHO THINKS UP THESE THINGS? On December 12, commuters over the Bay Area bridges are being asked (politely) to pay the toll for the driver behind you...the TOLL AFTER is an effort to spread good will and cheer to the person in your rear-view mirror (hopefully not the same one who rode your bumper the last two miles)...a San Francisco businesswoman says she got the idea from *The Day After*, a TV movie about a nuclear holocaust...frankly, I like the idea, even if I don't get the connection...and what if you don't commute over either of the bridges...pay someone

else's parking meter fee.

Take off your shoes and socks and crawl through a pitch-black, 13-chamber dome, feeling your way through countless tactile sensations, such as cold moist, soft, rough, velvety and seedy...the Exploratorium's most famous exhibit will be open to the public Dec. 22 through Jan. 1

ONWARD: The Presidio Recreation Center ITT Office has discount tickets for the DON SHIRLEY TRIO at the Masonic Aud. on Dec. 2...

If you're one of those that easily gets depressed during the holidays, the San Francisco State University is offering some holiday medicine that is good year round. Allen Klein, a gelotologist (a laughter expert), will lead a workshop on the "Healing Power of Humor" Dec. 1 at 9 a.m...call 469-1373 for more info...

Well, it's still raining and I suspect it will continue throughout the day, if not the next three months...watch out for falling trees (they're popular around here), walk around mud puddles more than nine inches deep and don't stand too close to flooded curbs. But more importantly, don't let the raindrops keep you indoors. Remember, it's the holiday season and the rain is the next best thing to snow that the Presidio offers...

At the movies

Presidio Theater

Fri., Nov. 23	Indiana Jones and the Temple of Doom (PG)	7 p.m.
Sat., Nov. 24	Indiana Jones and the Temple of Doom (PG)	7 p.m.
Sun., Nov. 25	The Jungle Book (G)	2 p.m.
Sun., Nov. 25	Indiana Jones and the Temple of Doom (PG)	7 p.m.
Mon., Nov. 26	Indiana Jones and the Temple of Doom (PG)	7 p.m.

Tues., Nov. 27

Wed., Nov. 28

Thurs., Nov. 29

Schwartz Theater

Mon., Nov. 26

Wed., Nov. 28

Thurs., Nov. 29

Irreconcilable Differences (PG)

Oxford Blues (PG)

Ninja III, The Domination (R)

Indiana Jones and the Temple of Doom (PG)

Kidco (PG)

Oxford Blues (PG)

7 p.m.

7 p.m.

7 p.m.

7 p.m.

7 p.m.

7 p.m.

Sports

Army Family Fun Run

The opening event of Army Family Week was the Fun Run Relays. There were clear skies and no wind as the weather cooperated for the runners. A one mile loop around the Crissy Field area was run by each runner. There were three races with a parent/child relay, couples relay and an open fun run.

The top relay time was turned in by the Wehmeyer family (John and Mark) who combined for 11:16 2-mile.

Flag football tournament

Presidio's 1st Annual Flag Football Tournament hosted by the Sports Office as part of the Family Week featured the Post team, Oakland Army Base team, Corps of Engineers team and post's Law Enforcement Company team. Sunnyvale's entry failed to show.

A tired Law Enforcement Company football team with only eight players took to the field on Sunday to play for the championship. At the end of regulation time, LEC withstood all that Oakland could offer to tie the game 6 to 6 and then defeated Oakland in the tie-breaker and forced the tournament to the "if game," which LEC won for the championship.

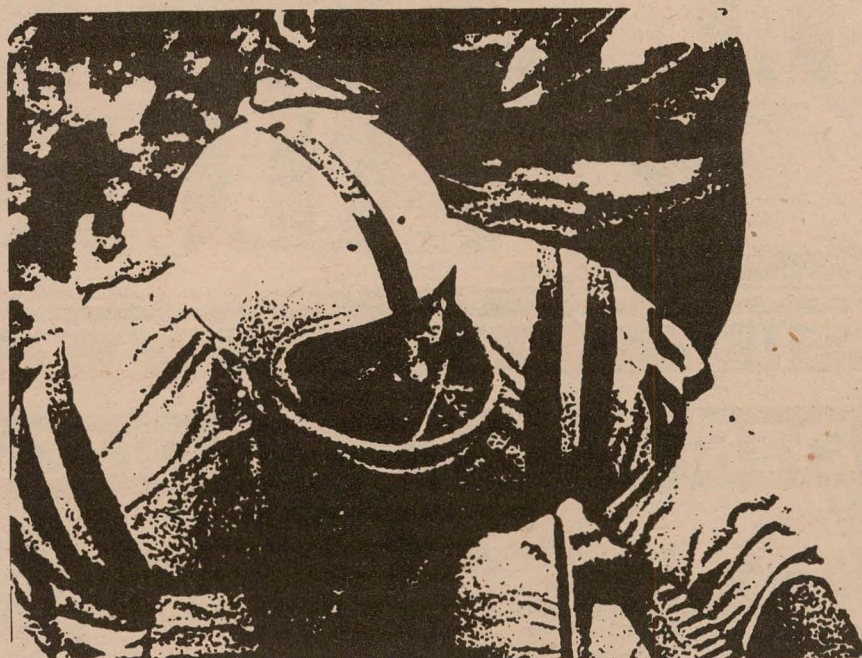
Scotch doubles

A Scotch Doubles bowling tournament was held as part of Army Family Week by the Sports Branch. There were 84 participants who formed 42 teams competing for holiday turkeys and trophies.

The family teams were either a parent and son or parent and daughter. Each person bowled separate balls and combined their scores with a handicap.

The top five team scores were as follows:

1st: Carolyn and Midori Jones, 892



2nd: Jennifer and Larry Boyd, 795
3rd: John and Alex Wehmeyer, 769
4th: Charles and Charles Heintz, Jr., 738
5th: Bret Hutchinson and Robert George, 714

Basketball clinic

Charles Range, PAC 10 basketball official, will be holding a rules interpretation meeting on Saturday, Dec. 1 starting at 10 a.m. at Post Gym No. 1, bldg. 63, for all interested people. Officials, coaches, and players are urged to attend this important meeting.

For more information call the Presidio Sports Office, 561-4120 or 561-5032.

Intramural basketball

The 1985 Presidio intramural basketball program begins league play on Dec. 3. Units or activities desiring to enter a team must submit a letter of entry to the Sports Branch no later than Nov. 28. A rules inter-

pretation meeting will be held at 1:30 p.m. on Nov. 28 at bldg. 63, Post Gym No. 1. Units/activities entering a team must have a representative at this meeting.

Aerobics classes

Join anytime! Register with instructor at class. Open to all ages, all levels of fitness, both men and women. For more information call 561-5120 or 381-3382.

Racquetball lessons

Attention racquetball players. Do you want to improve your game, or for beginners, learn the basic stroke and enjoy one of the fastest of indoor games? Carlos Farias, Presidio post racquetball champion will be giving free instructions at Post Gym no. 1 on Sat., Nov. 10 starting at 9 a.m. For sign-ups and information contact the Presidio Sports Office, 4120/5032.

Thanksgiving golf Turkey Shoot

The Sports Branch annual Thanksgiving Golf Turkey Shoot was held on Nov. 15 at the tough Presidio Golf Course.

On a wet and cold day, over 40 golfers teed off for a chance to win their Thanksgiving turkey.

Competition was held in three divisions over 18 holes. These were open, senior (40 years plus) and callaway.

The top gross efforts were by Brent Baughn (78), Fred Miller (80), Allan Mauldin (81), Edward Christoph (81) and Dennis Pfaltzgraff (83).

Division Winners

Open

Low Gross: 1st: Brent Baughn, Dental, 78

Low Gross: 2nd: Dennis Pfaltzgraff, Readiness Group, 83

Low Net: 1st: Richard Harding, Dental, 69

Low Net: 2nd: Wayne Saylor, Readiness Group, 70

Senior Division

Low Gross: 1st: Edward Christoph, Chaplain, 81

Low Gross: 2nd: Dennis Hohn, LAIR, 93

Low Net: 1st: Dave Reinartz, 6th Army, 73

Low Net: 2nd: Ron Weimer, 6th Army, 77

Callaway

Low Gross: 1st: Fred Miller, 6th Army, 80

Low Gross: 2nd: Allen Mauldin, 6th Army, 81

Low Net: 1st: Glen Rouse, 351st Civil Affairs Cmd, 75½

Low Net: 2nd: Richard Hurlburt, USAG, 76

Jimmy the Freak

Excuse me if I seem a bit depressed, but I always feel a little down at Thanksgiving time. After being called a "turkey" all my life, I just feel sorry for all those poor little birds. Anyway, on the brighter side, the old Freak was right on the mark predicting Miami's first defeat. And you thought all those drugs would adversely affect me, didn't you....Ummmmm...huh?...oh, excuse me, where am I?...

Cincinnati 28 - Atlanta 17

They will hold a coin-toss this week in Atlanta. The winner gets to be quarterback for the Falcons this week. The loser has to be the quarterback for the following two weeks. A team that loses so badly to Cleveland *deserves* my respect.

Washington 34 - Buffalo 10

Gee...I hope the people in Buffalo haven't printed playoff tickets yet. All I can say to the Redskins is...why don't you pick on someone your own size, you big bullies!

Houston 26 - Cleveland 21

Two teams going nowhere, and the Browns got there first. The Oilers' quarterback has been playing better lately (almost up to about 1/10 for what he's getting paid), so I look for Warren to full-Moon the Browns.

Los Angeles 23 - Tampa Bay 17

The Rams are desperate for the wild card spot

in the playoffs. They will probably be in the running until the 49ers knock them out of the race in the last game of the season. Due to an injury (or lack of interest), I think that Dickerson will fall just short of O.J. Simpson's rushing record.

St. Louis 28 - Philadelphia 14

Although the Eagles have been playing very well, I just can't believe a team as good as the Cardinals will lose for the fourth week in a row. I may be going out on a limb dragging my saw behind me, but I still feel that St. Louis will win their division.

San Diego 30 - Pittsburgh 20

This prediction is only good if the temperature is at least above freezing in Pittsburgh. Otherwise, the Chargers' receivers will drop too many of Dan Fouts' 60-plus passes to win. He will definitely wear out his arm one day.

Chicago 24 - Minnesota 10

The Vikings looked pitiful against Denver...come to think about it, even John Denver could have thrown a couple of touchdown passes against them last week. The Vikes' passing defense has a "holier than thou" attitude.

Los Angeles Raiders 37 - The Colts 14

I would rather watch Bob Irsey go against Al Davis one-on-one in a javelin-catching contest. It would be an even match...fat against grease...and

I'm only talking above the neck, fellas.

San Francisco 30 - New Orleans 13

The 49ers have been alternating good games with bad, so watch out, Bum! I expect the Saints to be plenty sore from their game with the Steelers, so expect Joe Montana and Company to massage some salt into those wounds.

Seattle 24 - Denver 20

A close game, no matter who wins. If John Elway can keep from being intercepted, the Broncos have a shot. Otherwise, look for the 'Hawks to play Miami for the right to meet the 49ers in Palo Alto next January.

Miami 34 - New York Jets 17

Last week's loss will wake the Dolphins up. The poor Jets have been playing in a coma that even the kiss of a prince couldn't revive. Kiss this team, and it turns into a toad. Getting rid of Richard Todd wasn't the answer.

Upset of the Week

Kansas City 28 - New York Giants 23

Howard Cosell would spin around under his toupee if both New York teams lose this week. In the hope that *does* happen, I look for the Giants to overlook the Chiefs while planning for their following game against the Jets.

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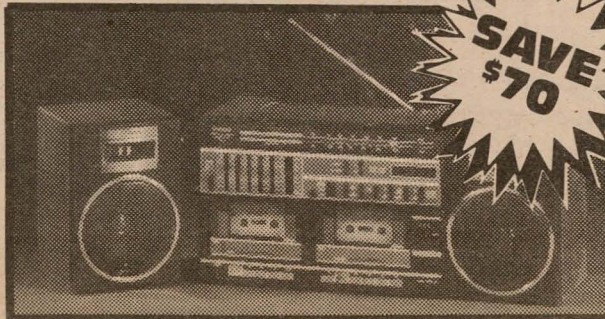
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- 19" REMOTE CONTROL CABLE-READY COLOR T.V.
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- 127 Channel Cable Ready
- Quartz Tuning
- Unitized XtendedLife Chassis
- Super AccuFilter Picture Tube

•          

**Fennel: the multi-
talented herb**
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a searing saga
of truth / page 8

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he predicts 'em,
he picks 'em / page 12

Star Presidian

Vol. 27, No. 47

"Published in the interest of the people of the

November 30, 1984

News Briefs

Service directory

Two new resource directories are now available FREE at Army Community Service, (ACS) bldg. 214. The Family Resource Directory is a handy guide to military facilities, giving the location and operating hours of most agencies on the Presidio. The Exceptional Family Resource Directory is a social service guide to agencies around the Bay Area who provide services to families with special physical, educational, mental, and recreational needs. Both directories are ready to be picked up at Army Community Service.

Officers' Wives Club

The Presidio Officers' Wives' Club will have a Tea at the Officers' Club on Dec. 6 at 1 p.m. The New Conservatory Childrens' Theatre Company will delight us with vignettes entitled "How To Eat Like A Child and Other Lessons in Not Being a Grown-up." Reservations can be made before noon, Dec. 3, with Leslie Nickels 750-3750, Sue Ann Cartwright 750-3782 or Beverly Bagnol 346-5890.

Choir sings "Messiah"

The Christmas oratorio, "The Messiah," by George Frederick Handel, will be presented by the Post Chapel Choir on Sunday, at 7 p.m., in the Presidio Cultural Center (formerly the Presidio Playhouse).

The 25-member choir will be joined by a full orchestra and harpsichord.

Tickets, which are free, may be picked up in advance at the Post Chapel, the Religious Activity Center, or the evening of the performance at the door.

Presidian deadlines

The December 14 issue of the *Star Presidian* marks our last edition until next year. Each year the *Star Presidian* ceases operation for two weeks during the Christmas season.

The next issue of the *Star Presidian* will be January 4, 1985. Articles may be submitted throughout the holidays to the editorial offices, bldg. 37, room 212.

Travel Section hours cut

Finance's Travel Section has cut its hours while the section's staff catches up on an extremely heavy workload, according to Travel Section chief, Mary Guthrie.

Travel Section is closed to both customers and phone calls from 7:30 to 11:30 a.m., except for emergencies.

They are open from 11:30 a.m. until 4:15 p.m., Monday through Friday. The hours change went into effect Nov. 19 and remains in effect until further notice, Guthrie said.



You're kidding! I can make money by...

Lose weight and earn money

by Herman Johnson

Measuring calorie changes during dieting is the goal of a study to be done January through August 1985 by the U.S. Department of Agriculture's Western Human Nutrition Research Center (WHNRC), a tenant organization in the Letterman Army Institute of Research (LAIR).

Four women 30 to 50 percent above ideal weight, and between 26 and 42 years of age, will get all of their food from WHNRC's diet kitchen and will spend one entire day in the lab every three weeks. Each woman will receive \$35 for this lab day. There will be 12 to 14 lab days during the study for a total of \$420 to \$490. Also there will be a \$250 bonus for all women that complete the study.

After the first seven to ten weeks of the study, where they will eat as usual, their diet will be reduced to one-half the number of calories eaten during the control period, with two of the women having all foods reduced by one-half and the other two having only the fats and carbohydrates (sugars and starches) reduced about 60 percent with proteins (meats) remaining the same. This low calorie part of the study will last for 12 weeks.

During the last seven weeks, calories will be increased so that each woman will maintain weight without any gains or losses. This part of the study will find out what calories are needed after the weight loss.

The lab day will be a busy one, starting at 6:30 or 7 a.m. until 3 or 3:30 p.m.. During this time three blood samples will be taken and a twenty minute treadmill walk will be done. Energy use will be measured for 15 minutes each hour for six hours by breathing through an instrument.

Total body fat will be measured by weighing underwater and by breathing pure oxygen for three to five minutes. Body muscle and protein content will be measured by lying on a padded sled for 35 minutes while it passes a detector testing the body's potassium level. A second method requires the woman to lie on a bed placed in a magnetic field for a few seconds.

Water and salts in the body will be measured by drinking a special solution of water and salts. Blood, urine and respiratory water samples will be taken before drinking this 'cocktail' and at specified times for six hours after drinking it. The 'cocktail' will be taken by each woman a total of six times during the study. Total energy used during each week of the study will be measured by taking a urine and respiratory water sample after the first, seventh, fourteenth and twenty-first day of drinking the 'cocktail'. The study will be fully explained to interested women before they will be permitted to volunteer.

For more information, call Dr. Herman Johnson at 556-5662 or Carroll Child, R.N. at 556-1249.

Opinions

TAKE A BITE OUT OF CRIME

Guarantee yourself rave notices from kids at Christmas. Do it by picking toys that suit specific age range interests, intellect, and physique when making rounds on behalf of Santa. Playthings that don't match interests or age are big bores.

Also, put safety on the top of your Christmas toy list as well. Here are some guidelines, as presented in the *ABC Toy Booklet* put out by the Toy Manufacturers of America. Follow them and you'll stay on the right track:

Safety:

- Heed recommended age labeling and safety messages on toy package or label.
- When buying for kids under age 3, avoid toys with small parts that could be put in the mouth and any with sharp points and edges that could cut or puncture.
- Check stuffed animals and cloth dolls for well-sewn seams. 'Eyes' and 'noses' should be anchored securely so they can't be pulled, twisted or bitten off.
- Rubber rattles, squeakers and teething toys need to be large—too large to fit completely in an infant's mouth. Compress rubber toys; if when compressed, such a toy can fit into a baby's mouth, don't buy it.

• Toys with heating elements are not appropriate for those under 8. They are okay for over-8's, provided adults supervise play.

• On arrows and darts, blunt tips are in—rubber or flexible plastic suction cups, cork or other protective points must be attached securely to shafts.

• Painted toys should be stamped non-toxic. Fabrics should say 'flame retardant-flame resistant'. 'Machine surface washable' are the words to look for on stuffed and cloth playthings, look for 'UL approved' for Underwriters Laboratories.

Selection tips—babies and toddlers under 18 months

• Pick things that are too large to swallow, lightweight for handling and grasping, have no sharp points or edges, are brightly colored and non-toxic.

• Bright, lightweight toys of differing textures stimulate sense of touch and sight. A crib mobile provides 'play' for the eyes. Rattles, squeaky rubber toys or crib exerciser provide grasping 'play'.

• Soft dolls or stuffed animals, a string of big beads and toys that float in the bath are good.

• When baby sits up, blocks with rattles or pictures in them are good; the same for nesting boxes, stacking toys and rings.

Selection tips—toddlers, 18 months to 3 years

• These dynamos need toys that provide active, physical playthings to ride and climb on. Other choices include a wading pool, sandbox, play furniture, play appliances and utensils, dress-up clothes and costumes, dolls and stuffed animals.

• Hands grow more skilled daily—more complicated take-apart toys, blocks of varying sizes, simple puzzles and games are fun toys. Musical instruments strike the right chord and include tambourines, toy pianos, horns and drums.

Selection tips—preschool, 3 to 6 years

• Costumes and equipment that help in their pretend worlds are hits. Puppets, a play store, play money, pretend food, cash register, telephone, villages, forts, circuses, farms, gas stations, doll furniture, trucks, cars planes, trains, boats, tractors, and construction toys should be a hit.

Selection tips—school-age, 6 to 9 years

• Board games, table-top sports games, marbles, kites, fashion and career dolls, action figures, printing sets, science and craft kits, electric trains, racing cars, construction and hobby sets are good for this group. Roller skates, pogo sticks, scooters, sleds are fun too, as is sports equipment for team play.

• Kids these ages also read books written especially for them. They plunge into electronic games. Paints, crayon and clay are still attractive. Costumes, dollhouses, play villages and miniature figures help them develop imaginative and imitative faculties.

For a free copy of *The ABC's of Toy and Play*, send a postcard with name, address, and zip code to: ABC Toy Booklet, P.O. Box 866, Madison Square Station, New York, N.Y. 10159.

Any questions regarding toy safety or crime prevention may be directed to the Crime Prevention Office at 561-5011/4925.

Have a safe and enjoyable holiday season.

Ramblin' Sam

"Are you depressed during the holidays? Why?"



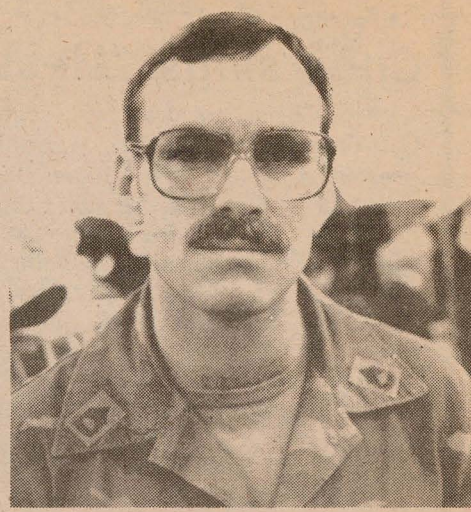
Maj. Daniel Carrell, training advisor, DLI-SF, "Absolutely not, I like the holidays because it's a time to spend with the family and sort of get a break from work."



Angela Robinson, family member, "No, I'm not depressed. I'm going to have a baby soon. I don't know, I'm just not depressed."



Arbular Matthews, family member, "No, not really. I have so many people around, with six kids and six grandkids. I don't have time to be depressed."



SFC Derral Howard, senior advisor, Readiness Group, PSF, 6th Army, "No, I'm not depressed. Being in the military, I've been away from my family a lot. I'm grateful to be with them during the holidays."

Actionline...

I want to know why we tell the employees at the commissary about the baskets that are left outside when there's a sign that says that no baskets should leave the area. Why are there a lot of baskets outside? When you bring it to the attention of

the people working there or the baggers—they say so what?

Reply

First, the commissary officer does not understand what the problem is.

Shopping carts are policed from parking areas on a continuing basis.

Patrons are reminded not to remove shopping carts from the commissary unless accompanied by baggers. There are instances where

patrons inform baggers that they want to wait at exit doors with carts, then after bagger leaves them, they proceed to parking area or other destinations, which is not in accordance with the installation commander's policy.

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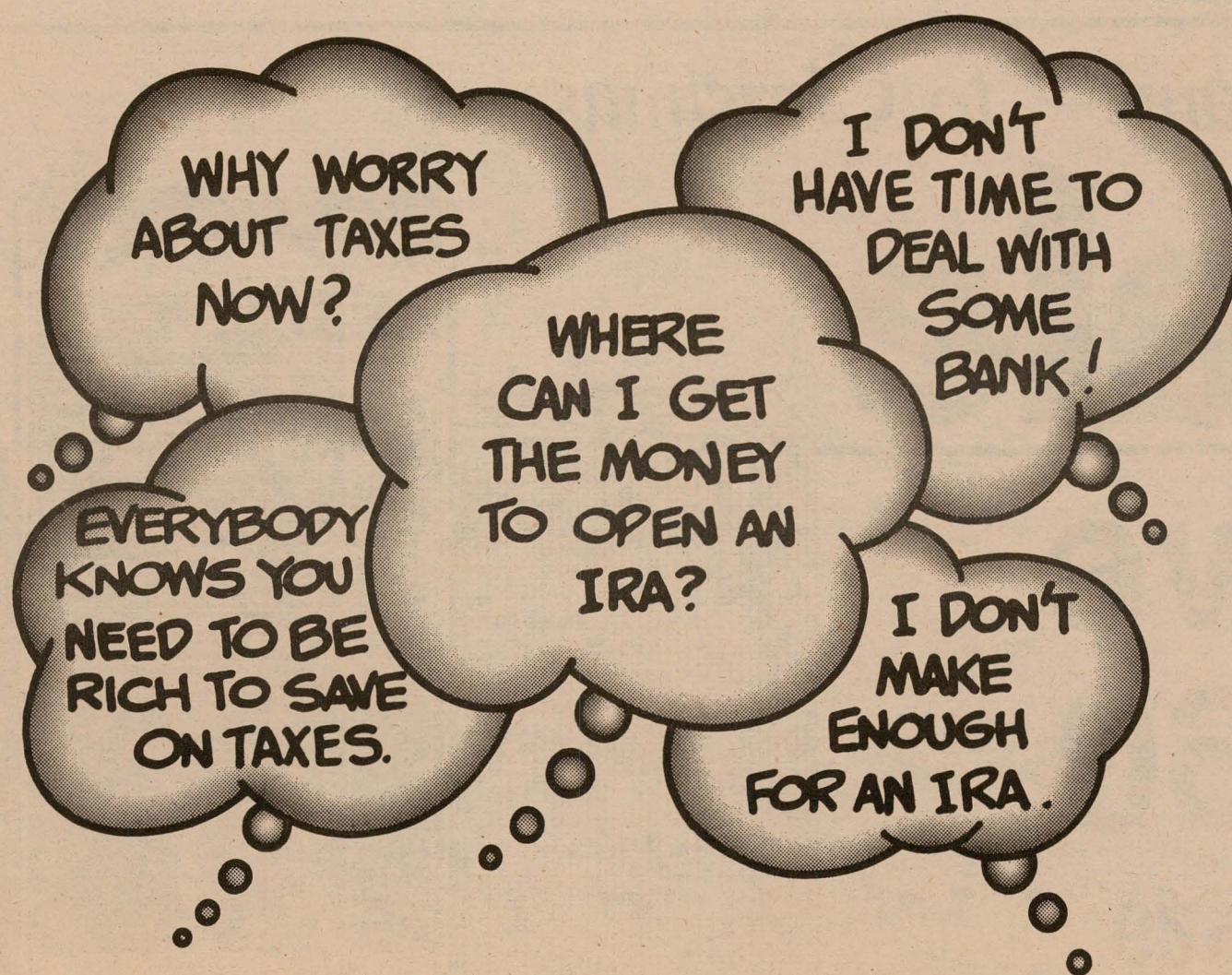
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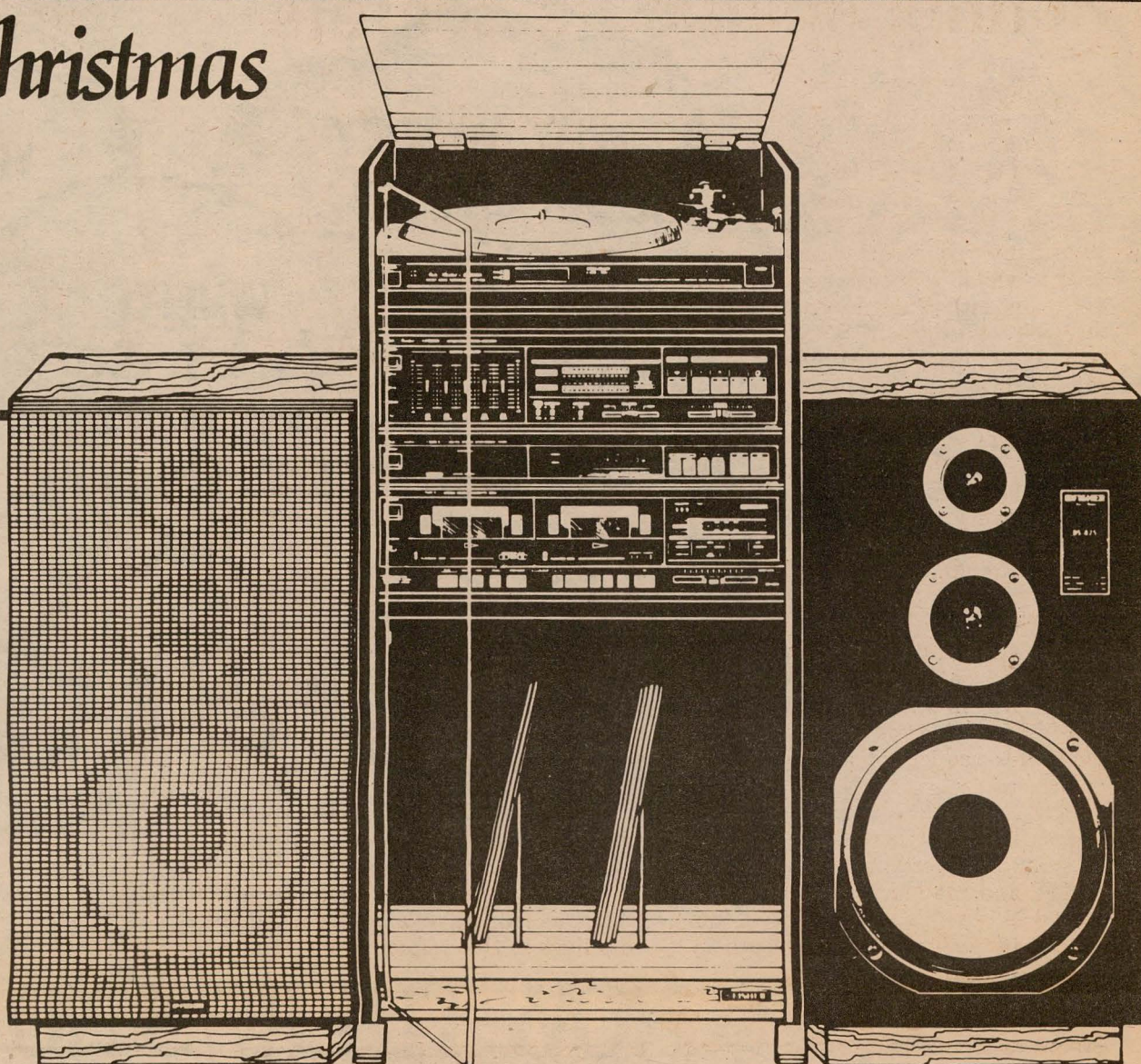
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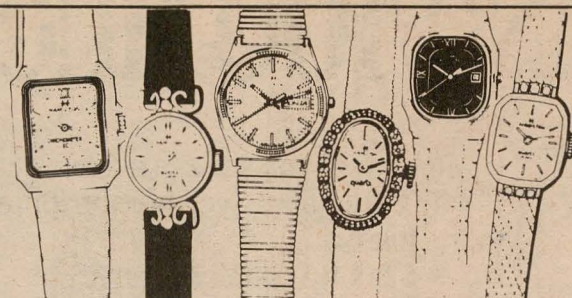
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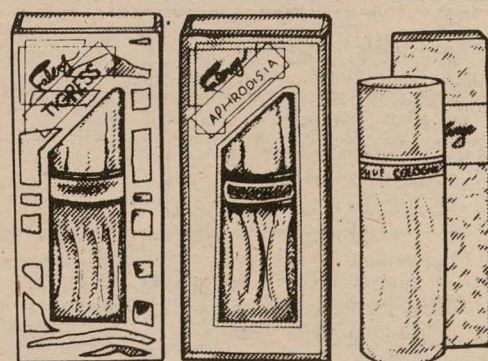
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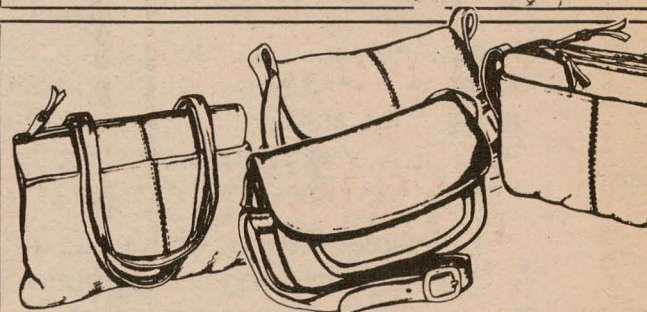
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Wednesday through Sunday 5-9 December 1984

Feature

Fennel shares its secrets

by Thomas K. Squier

The scientific name for fennel is *Feoniculum vulgare* or vulgar fennel. Many of our most widespread plants have a scientific name ending in *vulgare*. This doesn't mean vulgar like an infantry sergeant (such as the author who is a Special Forces infantry sergeant), but means common. Anyone who lives in San Francisco will agree that fennel is certainly vulgar...it is everywhere.

Seriously, most people in the area are familiar with this member of the parsley family for two reasons. Fennel seeds are found in the spice section of every supermarket and this beautiful but aggressive aromatic weed is found virtually all over the area.

Fennel seeds have been added to breads and desserts for hundreds of years because of the delicate licorice flavor they impart. A tea of boiled, crushed fennel seeds has been recommended to reduce colic and gas in infants.

Virtually the entire plant is useful. The bulbous roots are popular in many Mediterranean dishes, both cooked and raw, and have been suggested as excellent when sliced thin to dip in guacamole. The feathery

leaves and flowers can be used as a garnish for soups and salads or when the plant is tender, boiled or steamed as a vegetable.

Known in Italy as *cartucci*, fennel stalks are peeled, sliced and marinated in vinegar and pepper.

Fennel is known to reduce the appetite and to calm a nervous stomach. An interesting use of dried, crushed fennel is as an insect repellent around stables. And fennel has proven to be a mild diuretic which is good for cleansing the blood and kidneys.

This is one plant that is better harvested elsewhere rather than grown in your garden though, because it discourages the growth of other plants. Next time you see a big patch of fennel, you will notice that little else is growing near it.

One recommendation from the 17th century English herbalist, Culpepper, which has been quoted by many authors is, "...these plants are much used in drink or broth to make people lean that are too fat."

Fennel greens are found in many natural weight loss plans both as a nutrient and reducing agent.

This is surely one useful plant which is readily available to everyone who lives in this region.



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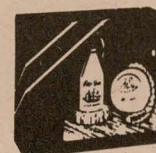
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Col. Eugene D. Hawkins shakes hands with people who turned out at the Family Fun Run during Army Family Week.



Eleven-year-old Missy Dee completes the first leg of the Family Fun Run, leaving the last leg of the two mile parent/child relay race to her father, SFC Jack Dee.

Army Family Week

Families frolic at events

by Bob Walker

Those who came out to watch the events appeared to have a good time, but those who took part in the activities seemed to have an even greater time. Presidio's schedule of Army Family Week activities provided an opportunity for many Presidians to have a good time.

The Family Fun Run had exciting races on the first day of the activities. To drum up some runners, the Sixth Army Band traveled through the family housing areas, awakening many Presidians along the way. People rubbed their eyes, bewildered by the sight of a band in their community on a Saturday morning. As the band moved on, more people came out to enjoy the music, to applaud and ask for more.

Near the Family Fun Run finish line, were Army Community Service displays of many of their publications which are designed to assist families. Officer McGruff, the crime prevention dog, was on hand along with a fingerprinting booth. Outdoor Recreation exhibited many of the items they have available for rent. Letterman Army Medical Center (LAMC) had a blood pressure check station and D Company, 864th Engineers showed models of buildings and construction equipment.

Church services at each chapel were geared towards the family, with refreshments available after services.

A bowling tournament was also held on Sunday, as was an 'indoor picnic' at the Recreation Center. A musical combo played great music, enjoyed by all at the indoor picnic.

All Presidio scout groups took part in treating the post to their version of the retreat ceremony on Nov. 18.

Newly arrived Presidians were welcomed with a special supper at the Religious Activities Center, highlighted by a Sixth Army Band combo.

In addition to all of this, there were special theme nights such as the NCO Club's Hawaiian Luau and the Officer's Club New Orleans Dixieland Night. A Family Fun Night was held at the swimming pool and a Family Pool Tournament took place at the Recreation Center.

Ecumenical Thanksgiving services at the Religious Activities Center included a festive handbell presentation.

Army Family Week at Presidio was a busy one, with plenty of chances for everyone to have a good time. If you missed it all, look ahead to next year's Army Family Week!

photos by Bob Walker



Donnie Laventure crosses the finish line at 12:20 to take first place in the two-mile parent/child relay race. His son Jeffrey ran the first mile of the race.



Sixth Army Band members get off the bus and prepare to awake families for the Family Fun Run.



Family members watch the Sixth Army Band who performed on the street in front of their home to get people to come out for the Family Fun Run.

Special Feature

A man too proud...

by Liz Greeley

His name was Jim and he just had one of those quicksilver faces. It was the kind of face that could turn from fearsome anger to mischievous laughter in an instant. But you never knew which it was going to be.

Whether that was because he was a heavy drinker, or just his way, I was never sure.

A proud man, his icy blue eyes could either sparkle and twinkle or burn through you in anger.

He was a proud man. Too proud ever to ask help of his neighbors, though quick to help them.

He was too proud to even accept any kind of a loan, for however short a time.

And I suspect that he was even proud of being a proud man.

One thing he wasn't proud of was his drinking. In his household, the subject was never discussed, the term 'alcoholic' was never used.

Though the word might never have been used, though he was never formally diagnosed as an alcoholic, Jim was an alcoholic just the same. All the denials in the world would never change that reality.

When he was drinking, he became a different man. He would boast of his Navy exploits of 20 years past. And he would abuse his wife.

Depending on his mood and the amount of alcohol, his abuse could be either verbal or physical. Either way it was horribly scary for both his wife and children.

The more he drank as he descended into an alcoholic fog, the meaner and more silent he became. He just curled up in his easy chair like a rattlesnake waiting for something, anything, to come within striking distance.

The saddest part, I think, was that Jim was a highly intelligent man. He could handle payrolls, repair complicated machinery, run a farm, or re-wire a house with equal skill.

But alcohol took control of his life and wrung from it what promise had lain there.

Once a top foreman, Jim lost his job because of too many absences from work without any explanation; he had been drinking and was too

hungover to go to work. So he moved his family to his wife's family farm to start over.

Jim had seen a number of disappointments in his life, this was just the latest. Maybe that's why he didn't stop drinking.

Perhaps drinking eased becoming a failure in his mind, though no one else in his family thought of him as such.

Too much drinking led to his career problems. The more he looked to drink as the solution, or balm, to his problems, the greater those problems became.

Yet no one can really say what went through Jim's mind—only second-guess him. You see, Jim never shared his thoughts, his feelings, or his disappointments with family or friends.

So this sad and lonely man kept drinking. Though Jim told his wife, "I can stop anytime I want," he never did.

If Jim couldn't admit that he had a drinking problem in the first place, how could he ever say to anyone, "I'm too drunk to drive home, could you give me a ride?" Or even, "Could

I stay over until I'm sober enough to drive?"

Jim was never able to say any of those things, so he kept driving regardless of his condition.

A truly superior driver, he managed to carry it off for quite a while—he was 48 years old when he died.

Still and active and unusually healthy man, he drove to a nearby town to look for work one Saturday. While he was waiting there for a friend, he drank.

They found Jim's body sometime Sunday morning, that Easter holiday weekend.

On a lonely stretch of straight highway, he had driven off the road—onto soft sand. According to the sheriff, the truck flipped over two and a half times and Jim died instantly. There was no sign of another car.

His death certificate probably listed the cause of death as a broken neck. But it should have listed pride as well, for that man's foolish pride (or sheer stupidity) prevented him from staying off the road when he was too drunk.

Pride kept him from asking a friend to drive him home.

Pride kept him from staying with friends until it was safe for him to drive.

Senseless as it was, pride... and alcohol...killed Jim.

Jim is not a fictional character, nor is he a 'composite' drawn from the Alcohol and Drug Abuse program (ADAP) files.

Jim was my father.

It is my hope that anyone drinking during the holidays (or anytime for that matter) has the good sense to ask a friend for a lift or to stay overnight.

Don't be too proud.



When a friend drinks...

by Skip Przybyla

Many of us know a family member, friend or co-worker who shows signs of having a problem with alcohol. What should we do about it?

First we must understand that drinking too much, or alcohol abuse, may be a symptom of serious physical, emotional, family or other personal problems. Alcoholism, which is frequently the result of abuse, is a treatable illness with a good recovery rate for those who get the treatment they need. The sooner they get help, the better the chances of recovery.

Second, if you are close to someone with a drinking problem, do not hesitate to talk to him or her

about it. Don't be afraid to get involved. You may have to risk that the problem drinker will get angry with you, but in the long run he or she will know you cared enough to intervene.

Third, we must also understand that without the intervention the problem will get worse.

Professional help is available at the Presidio Alcohol and Drug Assistance Program and many other agencies in the Bay Area. If you would like more information about services available to family members, friends and problem drinkers, please give us a call at 561-2528 or 561-5446.

All inquiries will be considered strictly confidential.

At the movies

Presidio Theater

Fri., Nov. 30	Ninja III, The Domination (R)	7 p.m.
Sat., Dec. 1	Teachers (R)	7 p.m.
Sun., Dec. 2	Teachers (R)	2 p.m. and 7 p.m.
Mon., Dec. 3	Teachers (R)	7 p.m.
Tues., Dec. 4	Exterminator (R)	7 p.m.

Wed., Dec. 5
Thurs., Dec. 6

Exterminator (R)
The River Cat (PG)

7 p.m.
7 p.m.

Schwartz Theater

Mon., Dec. 3
Wed., Dec. 5
Thurs., Dec. 6

Ninja III, The Domination (R)
Teachers (R)
Exterminator (R)

7 p.m.
7 p.m.
7 p.m.

Community Calendar

Recycling

Recycling for December will be held tomorrow. Presidio residents are reminded to have newspaper and all-aluminum cans ready for pickup between 10 and 3 p.m.

In case of rain, there will be no recycling. However, cans and newspapers can be dropped off at the recycling point, located next to building 661, at any time.

YA ballet classes

Parents interested in having their youngsters, ages 6 and up, take ballet classes are invited to contact Helen Piernik, at 994-0681, between noon and 2 p.m. weekdays. Classes are held every Monday, Tuesday, or Thursday in building 1390, behind the Ft. Scott Chapel.

For more information, contact the Youth Activities office at 561-5143.

Christmas gift wrap

The Presidio Army Community service volunteers, in a coordinated effort with the Presidio Officers Wives Club, the Enlisted Spouses Club and Letterman Women's Auxiliary, have held a Christmas Gift Wrap program at the Post Exchange for the last eight years. This year the project runs December 1-24.

The proceeds are divided equally between the participation groups. Money from this worthwhile endeavor is used for community welfare programs and scholarship funds.

For more further information call the ACS volunteer supervisor at 561-5155/5057.



photo courtesy Rahm Public Relations

'Ere now, open wide!

Members of the Dickens cast of characters enjoy the Fair. The Dickens Christmas Fair runs weekends through December 30 at the Oakland Fox Theater.

Christmas craft bazaar

One day only! December 7 will be the day Harmon Hall becomes a Christmas Wonderland. Be sure to stop by between 10 a.m. and 6 p.m. to enjoy the splendid variety of unique crafts and find that special gift.

Come for coffee, come for lunch. The Country Kitchen will be serving hot dogs and fixings (chili or sauerkraut), chile, nachos, coleslaw, turkey salad, Texas sheet cake, rice crispy bars and drinks; everyone is welcome! Harmon Hall is bldg. 649,

down the street from the PX and across the Coast Guard Station.

Amahl and the Night Visitors

A production of this most recent of Christmas stories, by Giancarlo Menotti, will be presented by the San Francisco Talent Bank Foundation, on December 8 at 2 p.m. Admission is FREE to all Presidians. Your free ticket may be picked up at the ITT Office, bldg. 385 during its regular hours of operations. The show will be held at the Recreation Cultural Center, bldg. 385.

Presidio Toastmasters

Presidio Toastmasters International is now reorganizing and recruiting new members and therefore invite Presidians to meet and join us in bettering speaking skills.

Meetings are held at the Presidio NCO/EM Club on the second and fourth Thursdays each month (except for holidays); the next meeting will be held on Dec. 6.

The second Thursday is a lunch meeting; gather for lunch at about 11:30 for the meeting from 11:45 a.m.—12:30 p.m. The fourth Thursday is an evening meeting held from 4:45 to 5:45 p.m.

For more information call Capt. Jose Perez at 561-5745.

Education

Attention enlistees, Dec. 1, 1980 to Sept. 30, 1981.

If you qualified for non-contributory education benefits under the Department of Defense Educational Assistance Test Program, the Presidio Education Centers have received information on procedures to follow for exercising the cash-out option. For assistance, see a counselor in bldg. 1007 (LAMC/LAIR personnel) or bldg. 1216 (all others).

GI Bill increase

Effective Oct. 1, educational allowances for soldiers and veterans using GI Bill benefits have been increased 10 percent. A soldier or a single veteran attending school full time can now collect up to \$376 per month—up from the previous maximum of \$342. Counselors at the Ft. Scott Education Center or the LAMC Education Center can advise soldiers on GI Bill benefits.

... the write stuff ...

by Richard Wetzel

Ever notice that when you plan a vacation, the travel brochures always look more beautiful and enticing than the place itself? The pamphlets always show the sun setting over a lake or ocean, people laughing and splashing in water or sitting down at an elegant, candlelit dinner for two.

It's the same thing with postcards. You buy them to send to friends and family, to show them what a magnificent vacation you're having, even though you never see the sun set and the water is as mucky as a slush puddle. And oddly enough, Joe's Hamburger Joint never looks like that "table for two" you saw in the brochure.

The postcard companies of the world ought to be spanked with a rolled up newspaper for telling such fibs. They can make Newark, New Jersey look like Paris, but they can't seem to do justice to a place that ought to be renamed Paradise.

Lake Tahoe has just about everything that a vacationer could want. But they could sure use some better postcard photographers... (Here's your chance, Burkey)... I spent at least three hours ("if I've told you once, I've told you a million times not to exaggerate") looking for a postcard to send to 'my mum' in Ohio... If a photo is worth a thousand words, the story of Lake Tahoe is short one... short but sweet.

Oh, sure, Lake Tahoe is a resort area (definition: tourist trap), complete with five compact motels on each corner (17 more in between), restaurants and coffee shops around every bend and gambling casinos that sit exactly on the California/Nevada state line.

But all these man-made structures with flashing neon lights that beg your entrance and

money, look natural. They somehow blend with the natural beauty of snow-covered pine trees and majestic mountains rising in the distance... I mean, what else would you expect to find at the top of a mountain?... untouched wilderness?... of course not.

If you like to ski, Tahoe is paradise... if you like to gamble, Tahoe is heaven... or hell, depending on the cards.

Skiing is expensive enough, without having to buy all the right equipment. There's plenty of shops in the area that will rent you the 'right stuff', with prices that range from outrageous to moderate. But your best bet is to rent it from our own Outdoor Recreation Center... Take your pick of the slopes—Squaw Valley, Alpine Meadows, Slide Mountain and Heavenly Valley all offer a variety of slopes, for the beginner to the insane.

PLUSH... EXCITING... EXPENSIVE... AND ADDICTING... Have you ever smelled money? A quarter, a dollar bill or even a 10-spot carries a certain aroma. (I didn't say it was a pleasant odor, unless you're sniffing a hundred)... Once you've mastered the art of smelling money, follow your nose. You'll have no trouble finding the casinos... Slot machines, crap tables and roulette wheels are more than willing to take those nickels, dimes and quarters that you've been saving for a rainy day... When it rains in Tahoe, it pours... but at the same time, you could drown... be careful.

Even if you don't ski or gamble, it's a sure bet you'll enjoy the Lake Tahoe area, either the California or Nevada side. A drive in the country, up and around the mountains will produce that picture-perfect postcard you couldn't find in the gift shops... If you're driving on a mountain with a 3,000 foot drop-off, it is a bit frightening, so maybe

you should drive at night... or do what I do when driving on the mountains... close your eyes.

I'm not saying this is a fact, but it seems to me that the more snow that falls from the sky, the more people there are and the more expensive the motels get... Some have waterbeds, some have fireplaces. Personally, I recommend the ones with the jacuzzis... it gives you something to do when (and if) you drown at the casino... oh, bring some bubble bath.

If your budget is a little tight, plan to stay in Carson City. The motel rates are better, they have their own casinos (after all, it's not where you hit the jackpot, it's how much the jackpot is) and the ski slopes are just a short drive away.

Tips for the trip: :

- If you drive your own car, make sure it's equipped with blankets, flares, a flashlight and tire chains. State laws require chains or snow tires during heavy snowfall.

- Boots and gloves are a must. If more snow doesn't fall from the sky, what's there will probably melt... Ever stepped in a slush puddle wearing sneakers?... brrrrrrrr... Again, save money by using your resources. Jump boots are excellent for slush puddles.

- Make reservations. PERIOD.

- Check with the Outdoor Recreation Center for Lake Tahoe trips, Ski Trip -1 is scheduled for Dec. 7-9, cost is \$60/\$55 (includes transportation, lodging and equipment) which you'll find quite reasonable, especially if you've gone on your own and paid twice as much.

- And if you really want to save money, do what I did; find someone else to foot the bill.

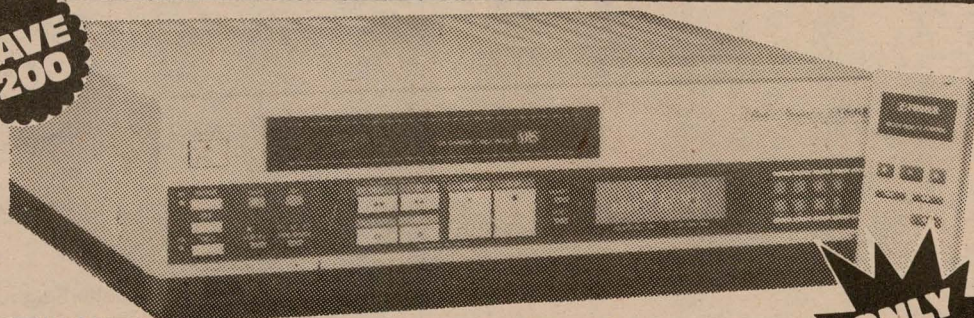
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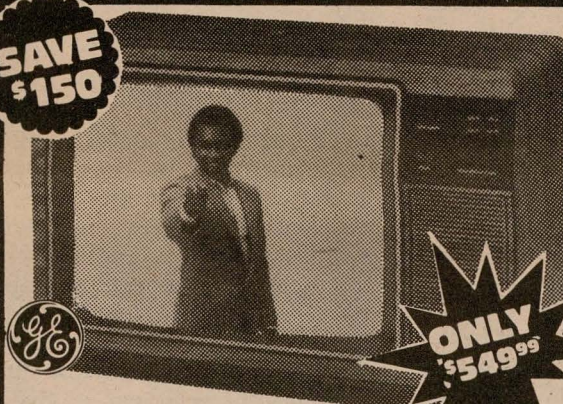
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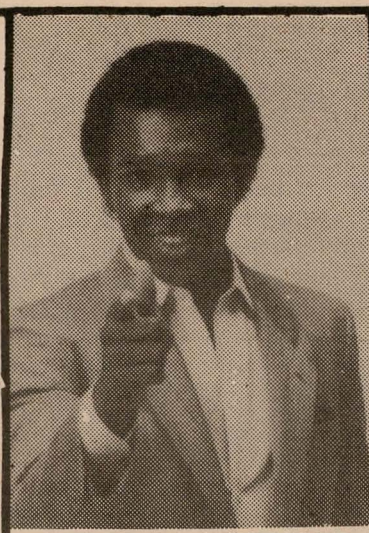


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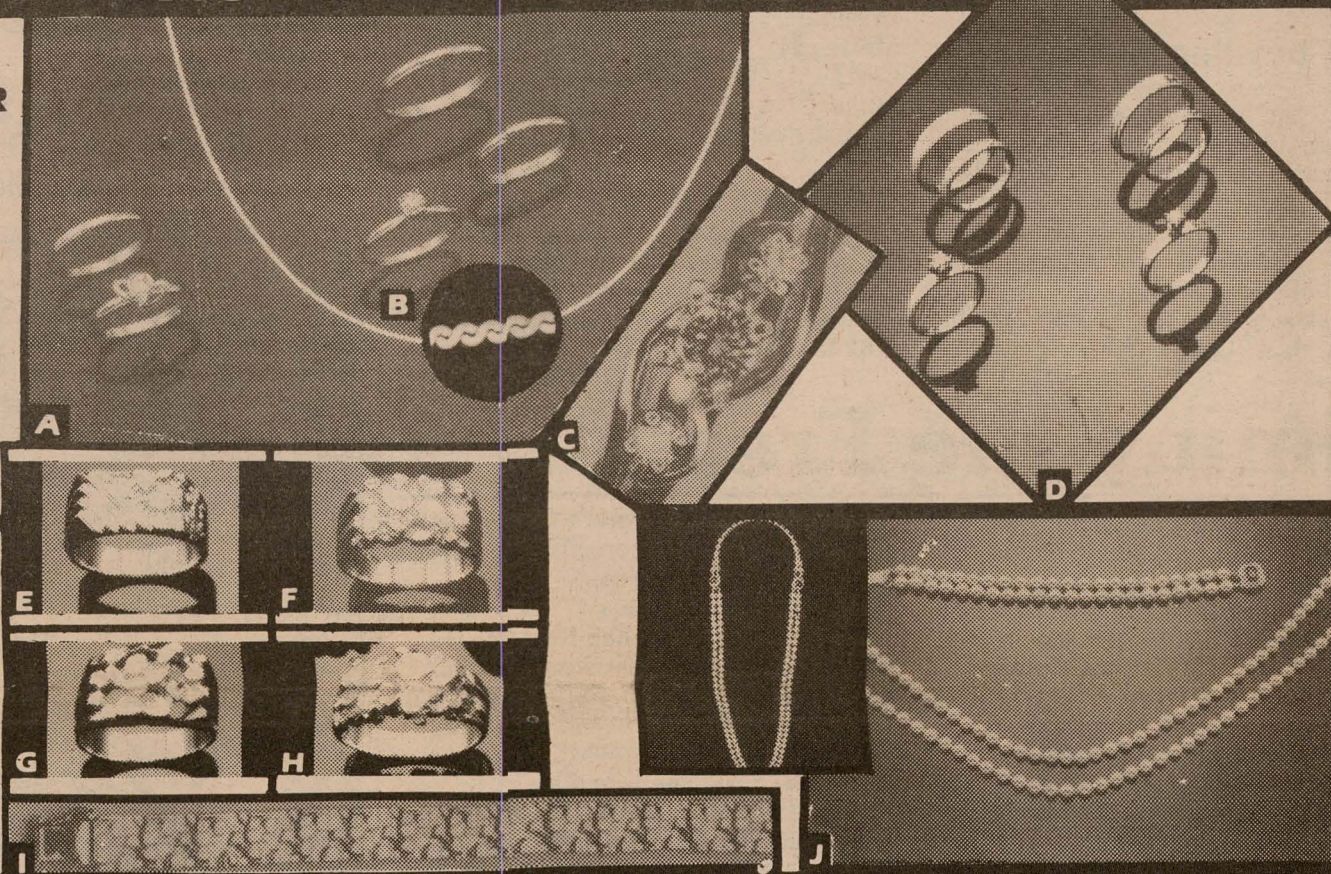
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Sports

Infantry marathon and half-marathon

The second annual Infantry Marathon and Half Marathon will be run on January 26, 1985, at Ft. Benning, Ga.

Entries are open to both military and civilians in individual and team competition.

This flat course through Ft. Benning is sanctioned and certified by the TAC (The Athletics Congress).

For more information and entry blanks, call Bob Darling at Post Gym 1, bldg. 63, 561-4120/5032.

PSF bowling team

At the Treasure Island Bowling Center, the post bowling team had difficulty getting started in the first set. PSF's team was wiped out by Mather Air Force Base. Mather was "hot" shooting the leagues high game of the season-1143.

In the second set the PSF bowling team beat Castle AFB 25-5. Don

Fryer had a big day winning 5 out of 6 games with a series of 612 and 553, and games of 210, 205, and 201. Rick Fesler series of 602 and 556, and games of 202, 227, and 206. George Arcaina had 590 series and a 205 games. Dick Muller had a 595 series, and games of 211 and 204.

The post bowling team will go to Mather AFB, CA on Sunday and will try to regain first place from Mather AFB.

League standings

Team	Win	Loss
Mather I	189.5	110.5
Presidio	175	125
Mather II	157	143
Castle	154	146
Beale	122.5	177.5
Treasure Island	102	198

Aerobics classes

Join anytime! Register with instructor at class. Open to all ages, all levels of fitness, both men and women. For more information call 561-5120 or 381-3382.

Jimmy the Freak

I'm constantly being harassed by a fellow worker (yes, we do have a few in our office), who watches football games wearing the beanie and jersey of the school that he attended earlier this century. This "Wild Bull of the Pompous" hasn't won a dime on football bets and has lost enough to put several siblings through college. And yet, he still insists on giving me tips and suggestions. So to get him off my back (and sleeping at his desk, where he belongs), I agreed to publish his upset of the week - Houston over the Oilers! What a wizard!!... The real predictions are as follows: (everybody knows Houston hasn't got a chance)...

San Francisco 40 - Atlanta 3

The 49ers will be, as they say in the industry, prohibitive favorites. The only interesting thing about the Falcons is that their quarterback once played for Novato High School. Another case of a young guy being beat up by the neighborhood bully. What Dean and Company will do may be illegal in Georgia on Sundays.

Chicago 27 - San Diego 20

If Dan Fouts is unable to play, the score will be even more in favor of the Bellicose Bears. Even if he is healthy, I would suggest that he plead illness and avoid the personal harm that would come his way.

Indian.... The Colts 3 - Buffalo 2

Even if my life depended on it. Even if my youngest child were held hostage. Even if a long weekend were at stake. Even then I really wouldn't care one bit about this game Would you?

Cincinnati 27 - Cleveland 23

This game is for the honor of the state of Ohio. The way these two have played this year, there must not be too much honor between Indiana and Pennsylvania.

New Orleans 27 - L.A.Rams 21

I was going to predict that the Rams would win this game, but then I found out that Vince Ferragamo

might play. The guy was a loser even when he was temporarily on the payroll at Cal, Berkeley.

Dallas 28 - Philadelphia 17

It's only fitting that Ron Jaworski broke a bone in last week's game. After all, he's been breaking Eagles fans' hearts since he joined the team. The ultimate Polish joke.

Denver 31 - Kansas City 21

The Broncos have a lot of heart and spirit. The Chiefs are playing like they're heartless and depressed. See how scientific my job is!

Pittsburgh 34 - Houston 24

Who knows how the Steelers will play from week to week. A week ago they had to open the Superdome windows to let out the stench that they caused by their ineptness. Then they turn around and swamp San Diego. These guys are as predictable as gasoline prices.

Miami 27 - Los Angeles Raiders 21

Marino is a little better than Wilson. Shula is a little better than Flores. Anybody is a lot better than Al Davis.

Green Bay 30 - Tampa Bay 28

If you've seen one inept Bay, you've seen 'em all. Again...who really cares?

New York Giants 31 - New York Jets 17

For the bragging rights of New Jersey...boy, what an honor...the Giants have too much defense for the Jets. I guess the winning team will receive the Howard Cosell trophy. It almost makes one consider throwing the game, doesn't it?

Seattle 34 - Detroit 14

I can almost see the headlines now...Seattle Slew the Lions."

Upset of the Week

St. Louis 34 - New England 23

The Patriots should pose as poster boys for the Heimlich Manuever...every chance they get, they choke! That confetti you see in Boston is torn-up playoff tickets.

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YOUR FIRST APPOINTMENT IS WITHOUT CHARGE

Star Presidian

Vol. 27, No. 48

"Published in the interest of the people of the

December 7, 1984

News Briefs

Christmas concert

All Presidians and their families are invited to attend the annual Bay Area Army Commanders' Christmas Concert. The concert will take place at 7 p.m. on Wednesday, December 12th. It will be held in the Palace of Fine Arts Theater. A Christmas music program will be given by the Sixth U.S. Army Band, under the direction of Chief Warrant Officer Freddie Vinson, Jr.

Christmas artwork and decorations are being provided by the Presidio's Child Development Services. A special visit by Santa Claus is planned for all of the children attending.

CDRS' wives tea

The commanders' wives of the Presidio cordially invite you to a tea in honor of retirees' wives and retired military women today at 1 p.m. at Quarters One, Muir Loop.

To RSVP, please call 332-1627.

Commissary hours

The holiday Christmas schedule for the Commissary will be as follows:

December 22 normal hours
December 23 closed
December 24 closed
December 25 closed

Signs will be posted in the Commissary.

Presidian deadlines

The December 14 issue of the *Star Presidian* marks our last edition until next year. Each year the *Star Presidian* ceases operation for two weeks during the Christmas season.

The next issue of the *Star Presidian* will be January 4, 1985. The deadline for the January 4 issue is 9 a.m., December 28. Articles may be submitted throughout the holidays to the editorial offices, bldg. 37, room 212.

Want a job?

The Finance and Accounting Office is seeking applicants to fill vacant temporary full time, temporary part time and full time permanent positions. Any individual interested in applying for these positions should contact the Civilian Personnel Office, at (415) 561-5732.

Travel Section hours cut

Finance's Travel Section has cut its hours while the section's staff catches up on an extremely heavy workload, according to Travel Section chief, Mary Guthrie.

Travel Section is closed to both customers and phone calls from 7:30 to 11:30 a.m., except for emergencies.

They are open from 11:30 a.m. until 4:15 p.m., Monday through Friday. The hours change went into effect Nov. 19 and remains in effect until further notice, Guthrie said.



PFC Lewis 'Chip' Winkoff, a Korean language student at DLI-SF, talks about the events of Thanksgiving eve.

Soldier comes to the rescue!

story and photo by Liz Greeley

In New York on December 1, a 35-year-old woman was murdered in her apartment. Neighbors listened to her screams for help for 15 minutes ... until they ceased, according to the television newscast.

It might seem to some that New Yorkers are callous people that wouldn't help a neighbor even in a matter of life and death.

Yet DLI-SF (Defense Language Institute-San Francisco) has a student who is a native New Yorker from the Lower West Side—a student who isn't afraid to get involved and who *did* get involved.

On November 21, PFC Lewis 'Chip' Winkoff, age 25, came to the aid of two young women who were being molested by four men on a Muni bus.

It was the night before Thanksgiving, at about 10:30 to 11 p.m. when he got on the Number 7, Haight Street bus, Winkoff said.

"About three or four stops later, these four guys got on the bus with what I guess you would call a 'ghetto-blasters', or whatever. It was really loud and they started tearing the bus apart, more or less.

"First there was a guy with a shopping bag. They started taking some of the things out of the shopping bag and throwing them around the bus," he said.

So he went and helped the man pick up some of his groceries and put them back in the bag.

Both the bus driver and the man with the groceries were older men and the four men were between 20 and 30 years old. Not only that, but three of the men were around six foot one or six foot two inches tall with medium builds. The fourth man was about five feet nine inches and about 140 pounds, Winkoff said.

The three tall men sat down in the back while the shorter man walked around the bus bothering people—being basically obnoxious, he said. Even the bus driver, though he tried to ignore the situation, was not exempt.

According to Winkoff, the smaller man said to the driver, "If you were 10 years younger, I'd beat the s—t out of you!"

Meanwhile the three tall men shared the back seat with two women no more than 18 or 19 years old. The shorter man moved back and forth.

"Between the four of them they were really molesting the girls—grabbing them, trying to kiss them and throwing their arms around them.

The girls kept pushing them away," he said.

"That just kind of put me over the edge," he added. So he walked over and sat down between the men and the young women.

"And I told them to sit down and shut up. I was angry—I can't remember exactly what I said, but basically it was like, 'Sit down and shut up or you're going to have to deal with me,' something of that nature," he said.

With Winkoff separating them, the men left the women alone.

The two women got off at the next stop and the soldier walked them to the door.

Two or three blocks later Winkoff got off at Divisadero and Haight Streets—but he wasn't alone.

The next thing he knew, "Two of them were in front of me and one of them was on either side," he said.

He said he didn't want any trouble—to let the matter lay and then he started walking again.

But one of the men beside him tried to grab him, the small one swung—and was blocked. Then one of them grabbed him from behind while the smaller man hit him with something that cut him over his left eye...he never saw what it was. Meanwhile, the men started running away.

"There was a lot of blood and I got really angry and went after the guy that had cut me," he said.

With the help of bystanders and nearby police, they caught three of the four right away. But the man that cut his eye got away, although he has since been identified and a warrant issued for his arrest.

With three of them captured, a bleeding and dizzy soldier finally got to LAMC to get the seven stitches it took to close his wound.

Why did he do it? Didn't he think about the danger?

"I was just so angry at what was happening to the two girls—just the innocence of the two girls as opposed to the ...*indecent* of the four guys," he said.

He said he would do it all over again, given the chance and no, he never thought about what could have happened to him. But he *does* have something to say to other soldiers.

"Basically, that if anyone in the service, us being younger, in better condition and better health, sees something like this going on they shouldn't hesitate to do the same."

Opinions

TAKE A BITE OUT OF CRIME

Drunk & drugged driving week

The week of December 9-15 has been declared National Drunk and Drugged Driving Awareness Week. In support of this campaign, ADAP (Alcohol and Drug Abuse Program) will be distributing literature and putting on displays and presentations:

- December 10, 11 a.m. to 1 p.m., Reenlistment Center
- December 11, 11 a.m. to 1 p.m., PX Mall area.
- December 13, display at LAMC dining facility.
- December 14, 11 a.m. to 1 p.m., Reenlistment Center

It is unlawful for any person who is under the influence of an alcoholic beverage or any drug, or under the combined influence of an alcoholic beverage and any drug, to drive a vehicle.

Countless lives are tragically affected each year as a result of drunk or drugged drivers. More people have

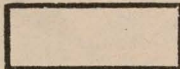
DRINKS (TWO-HOUR PERIOD)

Weight	1 1/2 ozs. 86° Liquor or 12 ozs. Beer											
100	1	2	3	4	5	6	7	8	9	10	11	12
120	1	2	3	4	5	6	7	8	9	10	11	12
140	1	2	3	4	5	6	7	8	9	10	11	12
160	1	2	3	4	5	6	7	8	9	10	11	12
180	1	2	3	4	5	6	7	8	9	10	11	12
200	1	2	3	4	5	6	7	8	9	10	11	12
220	1	2	3	4	5	6	7	8	9	10	11	12
240	1	2	3	4	5	6	7	8	9	10	11	12

BE CAREFUL DRIVING
BAC TO .05%



DRIVING IMPAIRED
.05-.09%



DO NOT DRIVE
.10% & UP



The chart shows average responses. Younger people generally become impaired sooner, while older people have more vision problems at night. Tests show a wide range of responses for people of the same age and weight. For some people, one drink may be too many.

Source: NHTSA

been killed in California by drunk and drugged drivers than from all types of weapons! Due to significant public pressure the California Legislature recently enacted the toughest drunk driving laws in the nation. California has established mandatory penalties upon conviction for driving under the influence, with a minimum fine of \$375 and 4-60 days in the county jail.

The Army also has mandatory penalties that can end your career.

However, the price can be much higher in terms of lives affected by drunk and drugged drivers. The hardship of lives lost or destroyed by injury, and military and civilian careers ruined is too high a price to pay compared to that of a taxi cab. Think before you drink or do drugs and

drive—the life you save could be your own!

Tips to remember

- Be cautious and alert in your own driving practices
- Be aware—learn to spot the symptoms of the drunk driver, i.e., erratic driving patterns, inconsistent speed, lane drifting.
- Drive defensively—maintain distance from any suspected drunk driver.
- Be responsible...

Remember, it does not take much alcohol to affect driving abilities. If you serve alcohol to friends, remember your moral responsibility for their safety.

Remember your responsibility—before you start drinking—THINK! Think about your life, your family, and the lives of others.

Apprehensions for drunk driving on the Presidio for 1984 are up 29 percent over 1983. The military police are well trained in spotting suspected drunk or drugged drivers. Don't allow yourself to become a statistic. Remember, good friends don't let friends drive drunk. Have a safe and happy holiday season, and if you have any questions regarding drunk or drugged driving contact the Crime Prevention Section at 561-4925 or the MP Traffic Office at 561-3810.

Ramblin' Sam

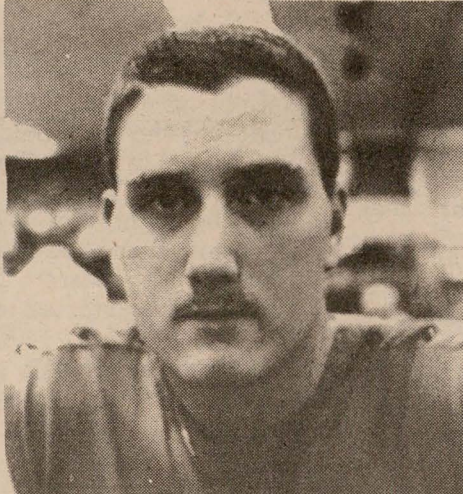
"Do you spend too much money at Christmas time? Why or why not?"



Kathy Wilson, family member, "I used to, but not any more because it's not financially feasible any more, simply because of economics. But I still enjoy it."



Miriam Armstrong, family member, "Not too much because I usually shop the year around. Right now I'm doing my last minute shopping."



Pvt. 2 Gerald Robinson, heavy construction equipment operator, D/864th Engineers, "No, because I'm conservative moneywise. I buy mostly just things that are really needed for the other person, so as to not waste money."



MSgt. Robert McCoy, Readiness Group, Sixth Army, "I don't think I do at Christmas time, because I feel as though it's not necessary to spend so much during the holidays if you take care of your family during the rest of the year."

Dear editor...

The Army to the rescue

Many thanks to the good Samaritan soldier who helped me start my car, on a desolate, dark street on the Presidio, not only once, but twice.

It had stalled after going through a deep puddle in the heavy rain while avoiding some joggers. After shoving with his jeep he returned later only to find me stalled again, and again helped me without waiting for recognition, so thank you for your

concern, whoever you are.

Art and Helen Nolan

Complaints

I have some complaints and recommendations about service on the Presidio:

• Wells Fargo Bank Ever since they stopped using the daily express line at the Wells Fargo Bank, which I understand is now used once a month, the line at the bank is long and very time consuming. The Ex-
please see page 3

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(415) 222-7426

Dear Editor from page 2

press Line allowed customers with one item to transact to normally accomplish this transaction within five minutes. I went in on November 5 and it took me almost 30 minutes to accomplish one transaction. Later that afternoon I passed by the bank and the line was still backed-up to the door, which indicates to me that the Express Line should be reinstated on a daily basis.

• **Second Bank on Presidio.** Recommend that consideration be given to Presidio authorizing another bank to do business on the Presidio. Competition makes for better service for the customer."

• **Post Exchange #2.** Time after time I visit PX #2 at noon time only to find one cashier on duty with a long line of customers. Surely, the PX manager should be able to anticipate the noon crowds and have two cashiers on duty since there are lots of PX employees scurrying around the store.

I encourage all the people I have heard complain in line at the Wells

Fargo and PX #2 to voice their comments.

Sincerely
Sidney J. Domingue

Someone could get hurt

This letter is not a complaint, but is something that came to my attention today. I think it should be taken care of before someone gets hurt.

I am a retired serviceman and I visited the Presidio Main Base Exchange today to cash a check. I found it very difficult to get from the front door back to the cashier's window with all the aisles blocked with merchandise for sale.

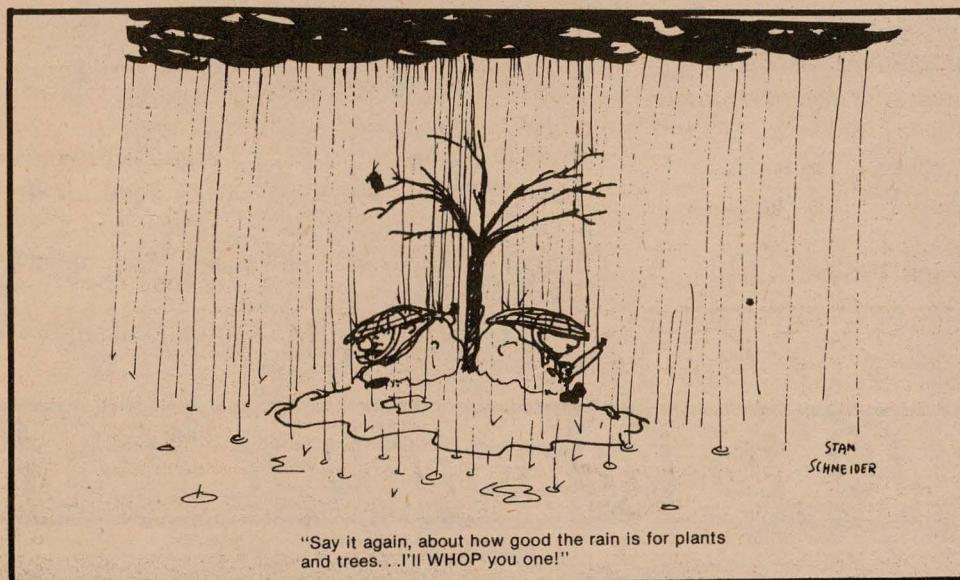
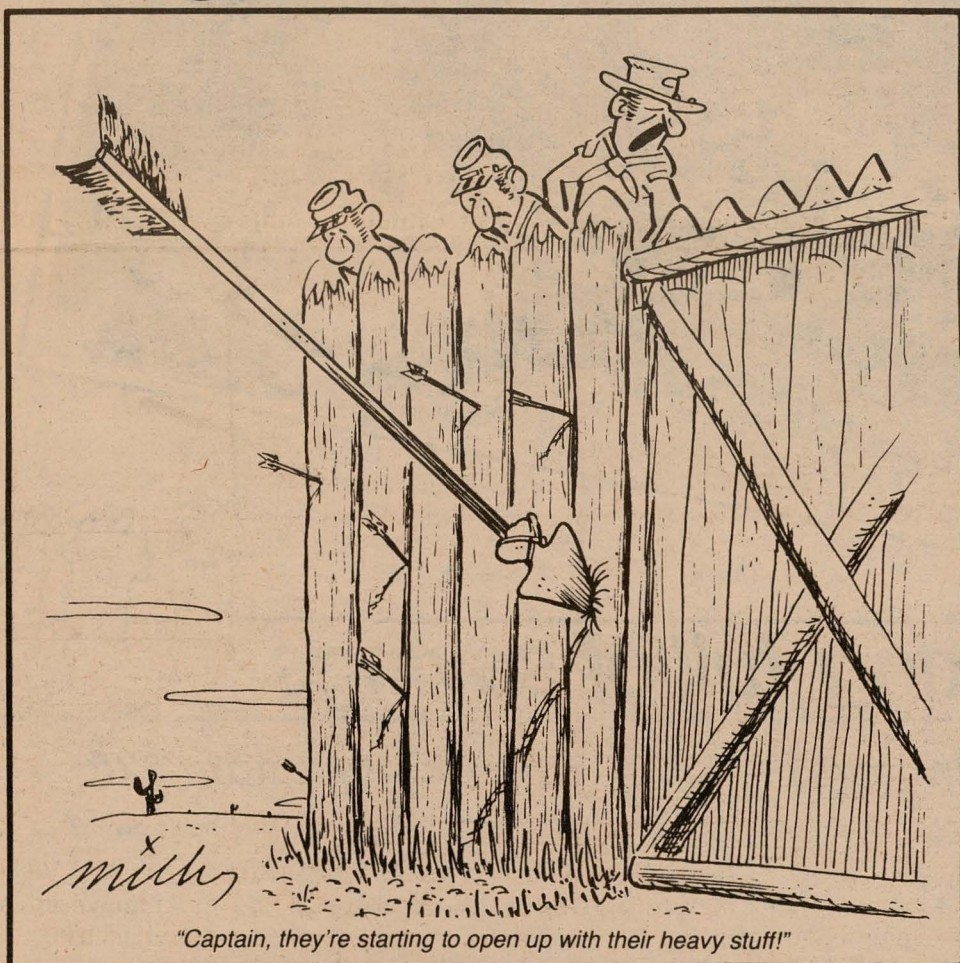
After I returned home I thought about the obstacles in the aisles and how dangerous it would be if the building had to be evacuated in a hurry; there is no way without someone getting trampled.

I feel Disaster Control, or the fire department should investigate this and make it safe for customers.

Base Exchange should limit their inventory to floor space available without blocking the aisles.

Thank you,
Concerned serviceman

The Lighter Side



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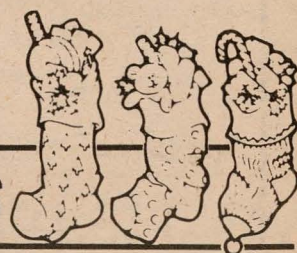
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Your choice under \$5

Special 19¢ Kjeldsens' imported butter cookies, .65 oz.

Special 66¢ Almond Roca candy, 2 oz.

Special 2.35 Claire Burke scented candle tins.

Special 2.85 Hershey's Giant Kiss, 8 oz.

Special 3.95 Vanderbilt perfumed soap, 3.5 oz.

Special 3.50 Old Spice Soap-on-a-Rope.

Special 3.60 Cie concentrated cologne spray, 1/3 oz.

Special 1.20 Michael Jackson key ring.

Special 3.40 Yardley English Lavender bath oil, 8 oz.

Sale 4.95 our reg 6.25 Westclox travel alarm.

Sale 4.95 our reg \$6 Nylon wallet by Rainbow.

Your choice under \$20

Special 10.50 Lauren cologne spray, 3/8 oz.

Special 11.25 Polo cologne for men, 1.5 oz.

Special 8.50 "Regal Stripe" gold tone compact mirror by Stratton of London. **Special 6.50** Matching folding comb.

Special 11.95 Jordache for Women 20-shade eyeshadow kit.

Special 12.75 Original spring green Vitabath Gelee, 21 oz.

Sale 8.90 our reg 12.75 Apple Cheek dolls.

Sale 15.95 our reg 20.50 Rive Gauche eau de toilette atomizer, 3.1 oz.

Sale 11.95 our reg 15.95 Timex Snoopy children's watch, manual wind.

Sale 17.59 our reg 21.95 Ladies' Classic Black pen and pencil set by Cross.

Monday thru Sunday 10-16 December 1984

Feature



How the artillery won their patron saint

by Melvin Wong

December 4 was the feast day of St. Barbara, patron saint of artillerymen. Who was this mysterious saint and how did she become the patron of artillerymen?

During medieval warfare, individual combat was considered noble and glorious, whereas artillerymen were regarded with scorn and loathing. Since artillerymen conducted warfare with sudden thundering death and indiscriminate destruction, they were viewed as most unchivalrous.

Most medieval artillerymen were mercenaries who cloaked their craft in mystery; gunpowder being considered equivalent to sorcery at that time. Further, artillerymen did such sinister deeds as melting sacred

church bells to cast their wicked weapons, that a pope once excommunicated them. And the ill-regarded artillerymen already had the perils of their profession—premature or accidental explosions and enemy artillery fire. Finally, because of their low status, artillerymen faced massacre or torture if captured.

Yet artillerymen acquired a patron saint—Santa Barbara. According to legend, Santa Barbara lived in the fourth century A.D., in the eastern Mediterranean. She was so young and beautiful that her father imprisoned her in a tower so that no man might see her.

When Santa Barbara became a Christian, her infuriated (and pagan) father murdered her, whereupon he

was suddenly struck by lightning and died.

Hence, this was the basis of her patronage of gunners, those in danger of sudden death by lightning and explosions.

Martyred Santa Barbara eventually became St. Barbara, as we know her today. Several famous Renaissance artists portrayed her image and St. Barbara's likeness was engraved on medallions worn by artillerymen.

It also happened that Joan of Arc was an artillerist and after she canonized, it was proposed that she replace St. Barbara as the artillery's patron. Nevertheless, tradition prevailed and St. Barbara remained artillery's patron saint.

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Kathy Criswell routes work orders to the shops.



Mike Halloran enters the information into the computer as he takes a work request over the phone.



Criswell enters a work order into the new computers.

SERVICE ORDER — XFN, XFP																													
For use of this form, see AR 420-17 and DA Pam 420-6. The proponent agency is the Office of the Chief Engineers.																													
SECTION I																													
JOB DESCRIPTION																													
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PHONE														LOCATION															
APPROVED BY																													
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DA FORM 4287 EDITION OF 1 FEB 78 WILL BE USED UNTIL EXHAUSTED.
Work order form used when the computer is down.

Work Order system

Computers take over at DEH

story and photos by Richard Wetzel

It may not be a rule of thumb, but it's certainly a fact of life that things fall apart. Faucets will leak, drains get clogged and electrical outlets don't always work the way they should.

Lucky for those that live in government quarters, there are plumbers, carpenters and electricians that are tasked to take care of those things that don't always work right.

But getting in touch with the right person and getting the repair work done may not be all that simple if you don't go through the proper channels.

The Service Work Order Desk is designed for that purpose. By phoning ext. 2104, you, the customer can relate the problem to a work order clerk and a request is then typed into a computer.

"The computers are new," remarked Mike Halloran, a work order clerk. "We received them

in October, and so far, they have helped to speed up the process of repair work. The work request is easier to read and makes the office more efficient."

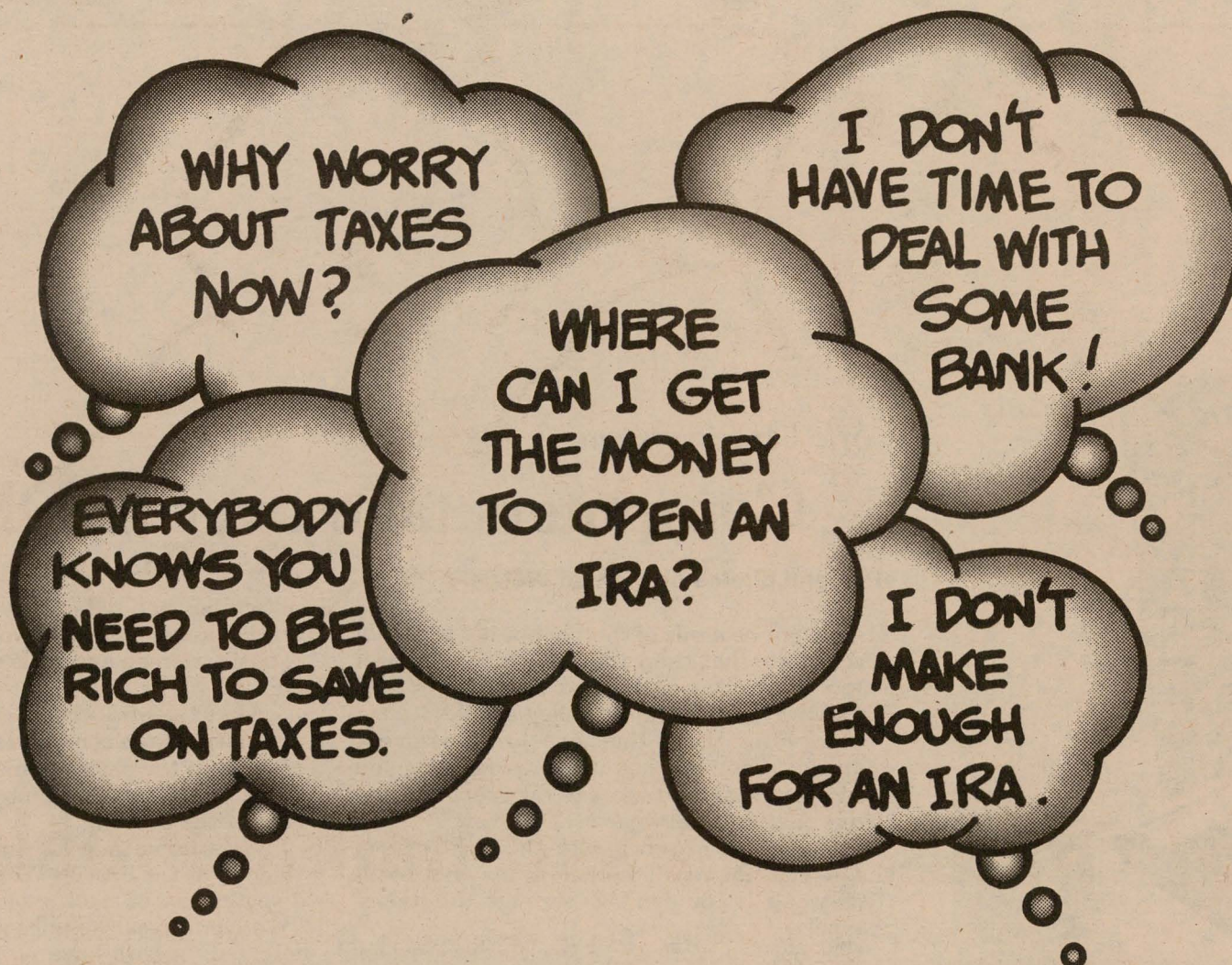
After the work order is taken over the phone and put into the computers, the clerks relay the request to the shop foremen and they in return dispatch the proper maintenance people to take care of the problem.

"It's important for the customer to know that we at the Service Work Order Desk do not dispatch any of the workers," Halloran added. "We can stress the importance of a job to the foreman, but we have no control over what is done or when it gets done."

Keeping that thought in mind, and the fact that things don't always work the way they are supposed to, you'll probably find that the repair work will get done faster if you only use the proper channels.



Halloran puts work orders into boxes designated for each maintenance shop.



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- \$15,000 if you are self-employed

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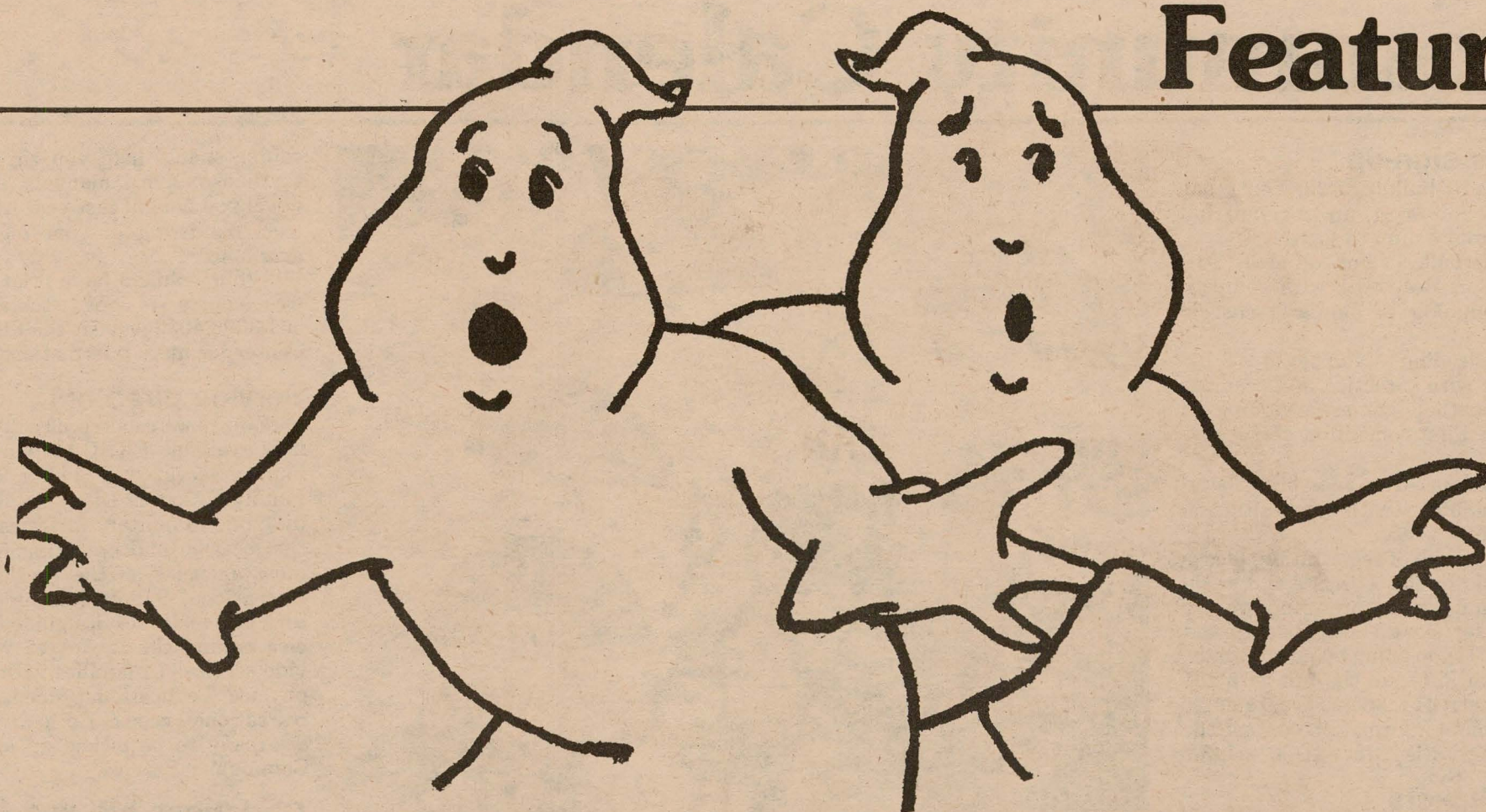
☐ I am not a member, please send me a membership application. My spouse who is ☐ is not ☐ a member is also interested in a PFCU IRA. (Check the appropriate answer if you wish an additional IRA request mailed for your spouse.) 544G



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Feature



'Spirits of Christmas Past' haunt Presidians

by Bob Walker

If you have ever worked late at night in some of the buildings on post, maybe you have heard some eerie sounds, maybe it was just the building settling, or... maybe it was the 'Ghost of Christmas Present.'

Presidio is said to have ghosts making themselves at home. Some are said to be mean and spooky, while others are friendly and even playful.

"Bah, humbug," you say?

Well listen to some of the stories that are to be told.

Presidio's 'Ghost of Christmas Past' made his home in what was originally a World War I barracks on Crissy Field. It was building 239 and was used as the Presidio Playhouse for a number of years.

A man who will be called 'Gus,' related his experience. "I was painting sets on stage for 'The Drunkard' with a GI one very, very cold November night in 1973. We had a lot of painting to do. We had tried in vain to get the antiquated heater going earlier in the evening. It had a switch to start the blower, but it took a heavy stick to pry the blower into motion. Giving up on the blower, the

GI turned the switch off and we started painting in the cold.

"About 11:30 p.m. the GI told me to cut it out, as he motioned, brushing the back of his neck. I didn't do anything. Prior to this we had heard footsteps on the scaffolding overhead. We looked around, but no one was there. We were alone in the building. I said, 'It's probably George the ghost. George, if you're going to stick around, get the blower going!' The furnace started making a racket and the blower got going. We looked at each other and decided to leave very hurriedly, turning off the furnace and locking up the building along the way," Gus said.

According to Gus they had heard different stories of ghosts from the kids (actors) who worked at the Playhouse, but that they figured it was just their imaginations going wild.

"It was an incredible feeling to experience a phenomenon of this sort. At first I felt everyone would say I was cuckoo, but after reading about another ghost in a building near main post, it didn't bother me so much.

George was a friendly ghost," Gus said.

The Playhouse in building 239 was torn down a few years ago. Gus has no idea where George is now; now he's just a 'Ghost of Christmas Past.'

The other ghost isn't quite so friendly; he has scared many workers over the years. According to those who have had experiences with this 'Ghost of Christmas Present,' he sometimes puts his hand on your shoulder as you go up the stairs of the old building. He has also set off the burglar alarms and appeared in a Civil War uniform in 1978. This ghost is believed to be that of William Henry, who served in the building from 1891 through 1893 as a hospital steward (at the time the building was a dispensary).

Another ghost is said to live in a building in the rustic setting near Fort Scott. This is the kind of 'Ghost of Christmas Present' that a person might prefer to encounter, according to 'Pat' (as he will be called).

Pat said that his first experience was late one night several years ago when Pest Control had put in

mousetraps. "I don't particularly like mousetraps, so I threw a really nice pen at one of the traps; the pen bounced off the trap. We were rational—we felt the pen landed under something. We tore the place apart, but the pen was gone," Pat said.

"I think it's a her. It's a friendly and even playful ghost; it hasn't created any problems. You definitely feel its presence and you can hear footsteps," Pat added.

According to Pat, "There is a rule that there won't be any females allowed in the building by themselves after 8 p.m. Whenever we come in the next day and find the lights turned on (all lights are off before leaving) everyone jokes—'it's the ghost again!'"

Well, maybe these stories haven't made you a ghost believer. And maybe when your turn comes, you can rationalize that it's only Santa's elf checking to see if you've been naughty or nice, since, after all, Christmas is right around the corner.

Or maybe, right around the corner, you will be the unlucky person who meets up with the 'Ghost of Christmas Future.'

"Bah, humbug!"

PSF Education centers serve soldiers and families

by Jeane Redsecker

Adult family members and civilian employees are often unsure of the programs and services open to them through the Presidio Education Centers. This article will briefly describe these opportunities.

Counseling

Professional educators familiar with local schools are available to talk with civilians on a walk-in basis, Monday through Friday, 7:30 a.m. to 4:15 p.m., free of charge.

Testing

Family members who have not

completed high school can benefit from the Test of Adult Basic Education and the Practice GED Tests, administered free. A series of college-level exams, called DANTES Subject Standardized Tests, are available at a cost of \$25 each.

Reference materials

Would you like to check on a particular school's accreditation? Need the address or phone number of a college in another state? Want to find out what colleges in the U.S. offer a specific degree? Trying to locate a college correspondence course in your favorite subject? Or do you want an

idea of educational programs available at your next Army installation? All of this information is easy to find at the Education Centers.

Programs

Adult education courses which are free to family members include English as a Second Language, Basic Skills Education Program, German Headstart, Typing, Shorthand, and Military Correspondence. All except German Headstart meet during the day.

On-post evening college courses are open to everyone. City College of San Francisco offers courses leading

to a Certificate in Supervisory Practices and some additional business subjects. The cost per course is \$10 to \$15 for California residents or family members who have been in the state less than one year. San Francisco State University conducts courses at LAMC and Ft. Scott primarily in general subjects needed for all degree programs. Cost for a 3 credit course is currently \$195.

For information about any of these programs or services, stop by or call the Ft. Scott Education Center, bldg. 1216, 561-2974 or the LAMC Center, bldg. 1007, 561-4030.

Community Calendar

Sports sign-up

Come by building 122, Youth Activities, and sign up for our fall sports from 8 a.m. to 4 p.m.

Basketball - For grades 3-10 starting in December with competition beginning in January; cost is \$10.

Cheerleading - For grades 3-10 starting with practice in December and basketball games beginning in January. First come, first serve; cost is \$5.

Wrestling - For ages 6-16 - starting in January with competition in March; cost is \$5.

At the time of registration, please bring your birth certificate and we do have family discounts. And we are looking for experienced coaches and referees. If you enjoy being with kids, come join in on all the fun with the Youth Activities sports programs.

For more information contact the Youth Activities office at 561-5143.

Free tickets

Free tickets are available for the Shriner's East vs. West football game at Stanford University on January 5th. Transportation will be provided from the Presidio to Stanford University and return. All active duty soldiers who attend must be in uniform. Point of contact is: Sports, Gym 1, bldg. 63, 561-4120; Outdoor Recreation, bldg. 92, 561-4324; Recreation Center ITT Office, bldg. 385, 561-3992; and your company commander. Register no later than December 13.

Rec Center news

The Recreation Center (bldg. 1331) has many exciting tours such as the:

- Motorized cable car Christmas tour, truly a 'San Francisco After-Dark Spectacular', on December 14, from 6 to 9 p.m.; cost is \$10.

We are offering special events such as:

- A 'do-it-yourself' gift wrapping service during Rec Center business hours. This service continues 'til the night before Christmas!

- Noted local artist, John Schot, will do caricatures and cartoon drawings at bldg. 1331 (Rec Center) on Sunday from 3 to 6 p.m. There is no charge for this program and the drawings make great Christmas presents, so come early!!

At the Rec Center we offer classes in:

- **Ballroom dance** every Monday from 7:30 to 9:30 p.m. at the Community Center (bldg. 1299); cost is \$3 per person.

- **Levis and Laces square dancing** every Wednesday at 7 p.m. in the Community Center; cost is \$24 a month.

- **Bridge and bid whist** on Thurs-



photo courtesy Marines Memorial Theatre

Magic Circus returns

The Magic Circus of Taiwan, featuring dancers, jugglers, acrobats and magicians performs at the Marines Memorial Theatre December 18 through New Year's Day.

day at 7 p.m. with instructor, Ophelia Hilton. Cost? FREE!!

- **Adult ballet, jazz and tap dancing** on Thursdays at 7 p.m. in bldg. 1299; cost \$24 a month.

- **Piano and guitar**; call the Recreation Center at 561-2000 (after 2 p.m.) for more information.

For more information about Recreation Center tours, classes and activities, call 561-2000 after 2 p.m.

Rec Center (bldg. 1331) hours of operation are 2 to 9 p.m., Sunday through Thursday and holidays; 2 to 10 p.m. on Friday and Saturday.

GMAT

The Graduate Management Admission Test (GMAT) will be given on post January 28, 1985 from 7:30

a.m. to 1:00 p.m. This test is for active duty soldiers only. The testing fee of \$30 is payable by check or money order no later than December 13.

If you are interested in taking this examination, contact a counselor at the LAMC Education Center, bldg. 1007, 561-3692/4030, or the Ft. Scott Education Center, bldg. 1216, 561-4445/2974.

Back by popular demand!

A nine hour speed reading course will be held at bldg. 1007, Letterman Education Center, December 11-13 from 4:15 to 5:15 p.m.

Designed to improve your reading rate and comprehension level, this

course should help you zip through textbooks, Army manuals, and that novel you bought last year which has been molding in your nightstand ever since.

While soldiers have priority, this free course is open to all. Call 561-3693/4030 or visit the Education Center for more information.

Service directory

Two new resource directories are now available FREE at Army Community Service, (ACS) bldg. 214. The Family Resource Directory is a handy guide to military facilities, giving the location and operating hours of most agencies on the Presidio. The Exceptional Family Resource Directory is a social service guide to agencies around the Bay Area who provide services to families with special physical, educational, mental, and recreational needs. Both directories are ready to be picked up at Army Community Service.

Christmas gift wrap

The Presidio Army Community service volunteers, in a coordinated effort with the Presidio Officers' Wives' Club, the Enlisted Spouses Club and Letterman Women's Auxiliary, have held a Christmas Gift Wrap program at the Post Exchange for the last eight years. This year the project runs December 1-24.

The proceeds are divided equally between the participating groups. Money from this worthwhile endeavor is used for community welfare programs and scholarship funds.

For more further information call the ACS volunteer supervisor at 561-5155/5057.

Amahl and the Night Visitors

A production of this most recent of Christmas stories, by Giancarlo Menotti, will be presented by the San Francisco Talent Bank Foundation, tomorrow at 2 p.m. Admission is FREE to all Presidians. Your free ticket may be picked up at the ITT Office, bldg. 385 during its regular hours of operations. The show will be held at the Recreation Cultural Center, bldg. 385.

YA ballet classes

Parents interested in having their youngsters, ages 6 and up, take ballet classes are invited to contact Helen Piernik, at 994-0681, between noon and 2 p.m. weekdays. Classes are held every Monday, Tuesday, or Thursday in building 1390, behind the Ft. Scott Chapel.

For more information, contact the Youth Activities office at 561-5143.

At the movies

Presidio Theater

Fri., Dec. 7	Bachelor Party (R)	7 p.m.
Sat., Dec. 8	The Terminator (R)	7 p.m.
Sun., Dec. 9	The Terminator (R)	2 p.m. and 7 p.m.
Mon., Dec. 10	The Terminator (R)	7 p.m.
Tues., Dec. 11	Uncommon Valor/Lords of Discipline (R)	7 p.m.

Wed., Dec. 12 Uncommon Valor/Lords of Discipline (R) 7 p.m.
Thurs. Dec. 13 Crimes of Passion (R) 7 p.m.

Schwartz Theater

Mon., Dec. 10	Bachelor Party (R)	7 p.m.
Wed., Dec. 12	The Terminator (R)	7 p.m.
Thurs., Dec. 13	Uncommon Valor/Lords of Discipline (R)	7 p.m.

Sports

Christmas holiday tournaments

The Sports Branch, MSAD (Morale Support Activities Division) will be conducting various sports tournaments during the Christmas holiday period Dec. 21-28. These tournaments will be conducted during the afternoon hours. Entry deadline for all tournaments is close of business Dec. 17 at post gym 1, bldg. 63, 561-4120/5032.

A meeting for each sport will be held in post gym 1, bldg. 63 on Dec. 17, as follows:

- Racquetball, handball and squash - 11:30 a.m.
- Basketball - 1 p.m.
- Volleyball - 1:30 p.m.

Type of tournament for each sport will be determined by the number of entries submitted by the Dec. 17 deadline.

Eligibility:

- All active duty soldiers and their family members (17 years of age or older) assigned or attached to the Presidio.
- Retired soldiers.
- Teams will be comprised of unit members only.

USA men's Olympic volleyball team

The U.S.A. Men's Olympic volleyball team will be practicing at post Gym 1, bldg. 63 tomorrow 7 to 10 p.m. The Olympic Gold Medal winners will be preparing for their game against Brazil on Sunday, at 2 p.m. at the University of San Francisco.

The practice session is open to the entire Presidio community and the public. There is no admission charge.

Post soccer team

Soldiers, civilians and family members interested in trying out for the post soccer teams are asked to contact George Ferguson at 561-3002 or Bob Darling at Main Post Gym at 561-5032. The team will play in a non-affiliated league in Marin County. The competition is excellent; experienced soccer players are needed.



SSgt. Kenneth Lidrbauch, saxophone player with the 6th Army Band, does 'squats' in the main post gym weight room. photo by Liz Greeley

Infantry marathon and half marathon '85

The second annual Infantry Marathon and Half Marathon will be run on Jan. 26, 1985 at Ft. Benning, Georgia.

Entries are open to both military and civilian personnel in individual and team competition.

This flat course through Ft. Benning is sanctioned and certified by the TAC (The Athletics Congress).

For more information and entry blanks, call Bob Darling, Post Gym 1, bldg. 63 at 561-4120/5032.

Body building

The second part of the Presidio body building clinic will be held at post Gym 1, bldg. 63. The purpose of this clinic will be to instruct clinic attendees in body building principles.

Dr. James Sandefer will coach participants in correct techniques of training with weight apparatus and help participants design individual training programs.

Reservations or information for this clinic can be made by calling Ray Mey at 561-5051.

Swim club

The Aquarius Swim Club is open to all children, five years old and up. Try out for the week and see if you like it. Parents, as a service to the community, if your child is a poor swimmer and needs help, contact Muriel Talley at 221-2915.

Intramural basketball

The Intramural basketball program started on Dec. 3 with 14 teams entered. The first 2 weeks of competition will consist of practice games.

Schedule of practice rounds:

Dec. 10

Post Gym 1, bldg. 63

5 p.m.	DEH#2	Vs.	Co B, LAMC
6 p.m.	DLI-SF	Vs.	LEC
7 p.m.	DPTSEC	Vs.	DEH #1
8 p.m.	USAISC	Vs.	864th Engrs.

Dec. 12

6 p.m.	Post Gym 1
7 p.m.	Post Gym 1
6 p.m.	Post Gym 2
7 p.m.	Post Gym 2

VA
USAG
LAIR
Doctors

Vs.
Vs.
Vs.
Vs.

6th Army
MILPERCEN
Co B, LAMC
LEC

Dec. 13

6 p.m.	Post Gym 1
7 p.m.	Post Gym 1
5 p.m.	LAMC Gym
6 p.m.	LAMC Gym

DEH#2
DLI-SF
DPTSEC
USAISC

Vs.
Vs.
Vs.
Vs.

DEH 1
864th
6th Army
MILPERCEN

Dec. 17

6 p.m.	Post Gym
7 p.m.	Post Gym

VA
LAIR

Vs.
Vs.

USAG
LEC

Jimmy the Freak

In case you pass by my office and notice that it's quiet and dark, there's a good explanation...I'm not there! The government has decided that I needed a little schooling, so I'm writing this week's column from our nation's capitol. (If there's a smudge or two on the paper, it's probably caused by the red tape here in the room...it comes with the territory). It won't improve my football prediction record, but it sure feels strange being in class again. Ah...just like being in tenth grade again...the happiest four years of my life! Oh, well...I'll be back in Disneyland by the Bay for next week's edition. See ya.

San Francisco 37 - Minnesota 10

I'm feeling a little generous, so I'll take it easy on the Vikings. The 49ers will lose this game only if food poisoning strikes the entire first and second team on offense and defense.

New York Jets 27 - Buffalo 14

If this game had been scheduled to be played in Buffalo, the Bills would have had a chance to win. After all, it's nearly impossible to throw or catch a football while suffering from severe frostbite.

Freeman McNeil gets better and better.

Seattle 30 - Kansas City 17

The Seahawks keep moving along to their playoff showdown with Miami. The Chiefs are a bigger disappointment this year than our projected raise this January.

Miami 41 - India...Indiniam... The Colts 17

Who's kidding who? The only way that the Dolphins can lose this game is if Don Shula allows his players to walk around Indianapolis on their own... they would be so bored, they would play as if in a coma. I mean, you've been to Fort Benjamin Harrison, haven't you?

Chicago 34 - Green Bay 27

This could be the closest game of the day. The Bears have nothing to gain, except to satisfy their blood lust. The Packers have everything to gain, maybe even a tad of self-respect.

Cleveland 28 - Pittsburgh 24

Let's see... on weeks with an odd day, the Steelers play poorly. On even-numbered Sundays they play well... don't they? Who knows?.....who cares?

Denver 31 - San Diego 20

If Dan Fouts is able to play, and if there isn't two feet of snow on the ground, and if the Broncos' defense can't score at least two touchdowns of their own.... then the Chargers might win.

Los Angeles Rams 24 - Houston 14

If Eric Dickerson breaks O.J.'s record, this is the week to do it. I guarantee you that Fred, Dwaine and the rest of the 49er defense won't let it happen against them during the last game.

St. Louis 27 - New York Giants 20

I just think that Lomax is better than Simms. The Cardinals have as much offense as anyone else in the NFC.

Dallas 24 - Washington 20

Home field advantage and better-looking cheerleaders... as Porky Pig likes to say..."That's all, folks!"

Upset of the Week

Detroit 27 - Los Angeles Raiders 21

.....(if you're waiting for an explanation....well, I just do not have any).

Pre-Christmas Sale

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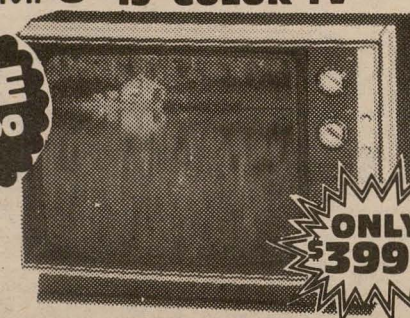


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Post honored:
CFC efforts a
big success / **page 2**

Outdoor Rec ski trip:
a downhill sport enjoyed
by all / **pages 8&9**

Christmas activities:
spirited fun abounds
for Presidians / **page 10**

Presidio of San Francisco, CA 94129

Star Presidian

Vol. 27, No. 49 December 14, 1984

"Published in the interest of the people of the Presidio of San Francisco."

Memorial service

A memorial service will be held today for Lt. Gen. Joseph M. Swing, retired former commanding general of Sixth Army from August 1951 to February 28, 1954. The service will be held at 1:30 p.m. at the Post Chapel. Dress for military personnel is dress blues.

Gen. Swing was decorated with the Distinguished Service Cross, the Distinguished Service Medal, the Silver Star with two Oak Leaf Clusters, the Legion of Merit, the Bronze Star with one Oak Leaf Cluster, the Air Medal with one Oak Leaf Cluster, the French Legion of Honor and Chief Commander, Philippine Legion of Honor.

The family requests donations be given to the 11th Airborne Memorial, P.O. Box 1391, Peoria, Ill. 61654.



Jeanette Gravem checks the cargo manifest for an Army tank shipment.

Presidian saves Army \$400,000

story and photo by Liz Greeley

A Presidio LCA (Logistics Control Activity) employee recently saved the Army over \$400,000.

Jeannette Gravem, an Army shipper service representative with Logistics Operations Branch of LCA, prevented 26 tanks from erroneously being shipped to Alabama by rail, saving the Army \$400,112.60 in the process.

As the Army's representative, Gravem regularly attends operational meetings at MOTBA (Military Ocean Terminal, Bay Area) in Oakland. At these meetings, MOTBA officials let her know of any 'problem' freight shipments, such as a shipment that is badly addressed, badly packaged or simply has no indication of its final destination. In all of these cases, MOTBA officials look to Gravem as the Army's problem solver.

But on Nov. 5, at an otherwise ordinary operational meeting, something unusual happened.

There was talk about a shipment of 26 Army tanks that had been unloaded from a ship and were to be forwarded to their destination. But the cargo manifest hadn't arrived yet so they weren't sure where the tanks were headed. However, they said they would ship them—by rail—once they were sure of the destination.

A red flag went up in Gravem's mind.

"I think the thing that caught my attention, basically, was their saying in this meeting, 'We don't know where they're supposed to go because we haven't gotten the manifest,'" Gravem said.

She knew that not having a manifest wasn't too unusual, but it was odd that the tanks weren't labeled.

So, though it wasn't strictly her job, she decided to check on it.

Gravem went down to the pier and had a look at the tanks—each had a waterproof label reading 'From Korea to Mobile, Ala.'

Something else bothered her, too. She just had a feeling that it would be a lot cheaper to send the tanks by ship than it would be by rail. She knew that if they were shipped by rail they would re-

quire a crane to load them, carpenters to block and brace them on flatcars, and the services of longshoremen. It just didn't add up.

Then she talked to the loadmaster at the pier. She already knew a Mobile-bound MSC (Military Sealift Command) ship was due in at the end of the week; did it have room in the hold for the 26 tanks? The loadmaster assured her that it did.

In the tradition of Sherlock Holmes, deductive reasoning and 'intuition' told her that things really weren't adding up. Why weren't the tanks going by MSC ship instead of commercial rail? Which was cheaper? She decided to investigate further and compare the cost of ship and rail cargo shipment.

A week after she first started asking questions, she got word that the cargo would go to Mobile by ship. Though elated at the news, she told the officials responsible for routing she still wanted the cost comparison figures.

Meanwhile, she went to Oakland and looked at the new available cargo manifest...and found the tanks were manifested to Mobile, Ala.

That meant the Army had already paid for the cargo to be shipped to Mobile. If they had sent the tanks by commercial rail, the Army would have paid twice—an error which she discovered would have cost \$400,112.60.

On Nov. 12, 26 tanks sailed from Oakland aboard an MSC ship.

"What happened was because the people [responsible for routing] weren't given the full information. I caught it, but it truly was not their fault," Gravem said.

Though checking the cost effectiveness of the shipment was done strictly on her own initiative, Gravem is slow to take credit for the result of her instinct and diligence.

"I just happened to be in a position that I could see it—not just a piece of it," she said.

And the Army is a little over \$400,000 richer for it.

News Briefs

MP's escort partygoers

The upcoming holiday season will bring out the Christmas spirit in all of us. This means people will be attending numerous Christmas parties, and possibly drinking too much 'holiday cheer'.

If you feel you have had too much to drink and cannot safely, legally drive yourself home, and you can't get a ride from a friend, call the Military Police for a ride home if you live on the Presidio. Just call 561-2251 or 561-2252.

This escort service, however, is subject to the following conditions:

- Availability of MP patrols to perform this service;
- Escorts will be from parties on-post to quarters on-post only. No off-post escorts will be done.
- Escorts to another party will not be given.

Central Appointment phone number changes

On January 7, phone numbers for Letterman Army Medical Center's Central Appointment System will change. You will no longer be able to reach Central Appointments on the 561-5381 number. Instead, you should make appointments for the 23 clinics using the Central Appointment System by dialing 561-5324 (on-post), 563-5324 (commercial), or 415-561-4289 (long distance). Long distance calls are toll calls and are not free. However, the long distance number is tied to a dedicated line which means that you will either get an appointment operator immediately or hear a busy signal; you will not be put on hold.

Opinions

Commander awards blue chip for CFC contributions

by Colonel Eugene D. Hawkins

As we get deeper and deeper into the season when we exchange gifts with our families and friends, I would like to take this opportunity to commend all Presidians for the gifts that they have recently shared with the entire Bay Area community.

These gifts will be enjoyed for years to come as the people who received them reflect on the joy, happiness and help that they were given by your generosity.

Some of these people will think of the gift of food they received through local food banks. Some will reflect on the shelter they received during the winter storms. Still others will be thankful for the counseling they received that dramatically changed their lives.

All these are gifts with which you probably think you had nothing to do. Believe me, you had a lot to do with it. What I'm talking about are the gifts of money that you gave to the 1984 Combined Federal Campaign.

As of Friday, December 7, the soldiers and civilians of the Presidio of San Francisco contributed more than \$102,000 to this year's cam-

paign. This total includes all of the activities located on the installation.

Of particular note are two of our newest tenant activities, the Federal Emergency Management Agency (FEMA) and the Defense Language Institute (DLI). FEMA exceeded their activity goal by a tremendous 80 percent; DLI went over their

goal by 61 percent.

Headquarters, Sixth US Army and the activities under the Presidio of San Francisco also exceeded their individual goals by substantial amounts.

I'm positive that each and every one of the recipients of your financial gifts would like to have the opportunity to thank each and every one of you for your generosity. But this would be a physical impossibility, just as it would be impractical for me to thank you individually.

However, I do take this opportunity to extend to you my personal thanks for another job well done in this year's CFC. You combined efforts are typical of the performance of the Presidio team. We set a goal and invariably, we exceed it.

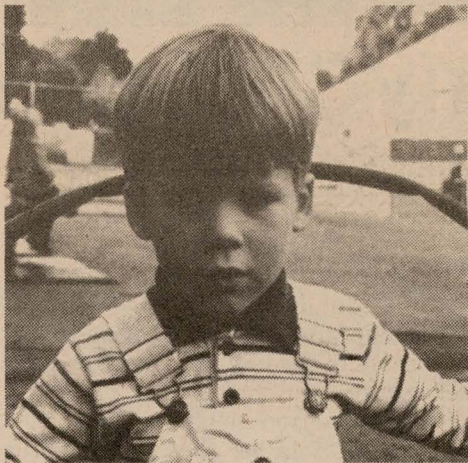
As a result, as the Commander of the Presidio of San Francisco, I hereby award the "Commander's Blue Chip" to the entire installation. Your performance of duty reflects great credit upon yourselves, the military service, the federal civil service and humanity as a whole.

Once again, congratulations on a job well done and may each and every one of you enjoy a safe and prosperous holiday season.



Ramblin' Sam

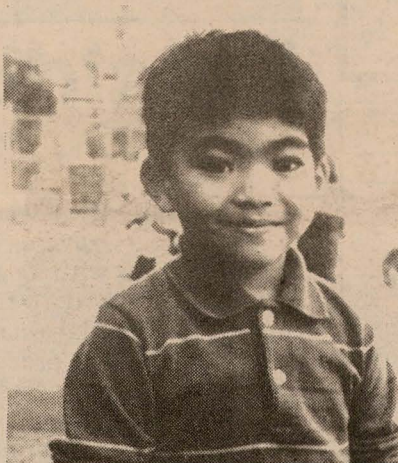
"Do you believe in Santa Claus? If so, what's he like?"



E.J. Beaudoin, 3 years old, "Yeah. I don't know. He must be ugly because he looks like a weird man. He's a strange guy."



Stina Tucker, 3 years old, Yes, (nodding head). He likes me. He comes to my house and plays in my room with me. He's my friend because he plays outside with me. I have a tricycle Baby Santa Claus rides on. He's a happy person because of Baby Santa Claus."



Edward Pulanco, 3 years old, "Yes, (nodding head). He's ugly because his beard is fuzzy."



Kaitlin Schwab, 3 years old, "Yes, (nodding head). I sat on his lap at the mall. I told him I wanted a special doll. Jesus and Santa told my mommy I would get it for Christmas. He's nice and he likes people. He gives presents to you. You open it up and its a toy."

TAKE A BITE OUT OF CRIME

Drunkenness is temporary suicide

by Bernard V. Cannon

"Drunkenness is temporary suicide: the happiness that it brings is merely negative, a momentary cessation of unhappiness."

Bertrand Russell
"The Conquest of Happiness"

The first 50 years of the American republic were shrouded in an alcoholic mist, according to writer Phillip Mobile. Though historians have covered up the nation's early liquor problem, Americans drank twice as much from 1790 to 1840 as they do today. "Is it not mortifying that we Americans should exceed all other people in the world in this degrading, beastly vice of intemperances?" complained John Adams.

Religious revivals and the Industrial Revolution worked together to change American attitudes about alcohol abuse. Could our modern republic revert to the old ways? From

1965 to 1980, the American per capita alcohol consumption increased 50 percent. This was the highest level since the 1830's. Madison Avenue had done its job well.

Unlike many other drugs, alcohol has always commanded dominance; it is the American drug of choice. Its use is not only legal, but is incorporated in practically all American social activities. In some sections of society, heavy drinking is a sign of manhood. During national holidays and at parties, it is almost inconceivable *not* to have alcohol available.

For many people, alcohol is just as

addictive as heroin, but alcohol addiction is hidden because of the social respectability of the drug.

Family violence and alcohol abuse have been with the family of man since the beginning of time. As long as the violence stayed within the family, American society regarded it as a private matter. In the past few years, however, there has been a negative awakening of American attitudes about the drug, alcohol. These attitudes have put drinkers on a legal tightrope.

This new development centers around the automobile. Americans
please see page 3

The Star Presidian is published weekly by Coast Publishing as a civilian enterprise in the interest of the military and civilian personnel at the Presidio of San Francisco, California.

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Drunkenness is temporary suicide from page 2

are waking up to the fact that most Americans drive—and drinkers do not usually drink alone. Drinkers have to drive to and from their drinking locales.

In 1981 in California, out of a total 3,547 traffic deaths, 1,915 were alcohol-related. And when people are killed in car accidents, the disfigurement can be just as bad as if they had been killed by a grenade explosion.

The sheer number of Americans killed by drunk drivers each year is staggering and people are getting mad. Due to public pressure, the California Legislature recently enacted the toughest drunk driving laws in the nation.

The times they are a-changing. Soldiers who intend to make a career of the military should put

alcohol on their list of things that are a definite danger to career development.

Being stopped by the cops in your car, after having a few drinks at the club, is all it takes to win a drunk driving charge. With the new awakening about alcohol abuse, more people are getting busted for drunk driving and GI's are not immune. With a drunk driving charge on your records, your career will bite the bullet. It is happening more than soldiers, from generals to privates, realize.

The days of hard drinking in the Army are gone. The people that continue to drink hard are playing a dangerous game—a game with no winners; only losers.

Don't be a loser.

Mandatory penalties upon conviction for driving under the influence

No bodily injury or death	Fine	County jail
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Second conviction.....	\$375-\$1,000.....and....	90 days - 1 year
Third conviction.....	\$375-\$5,000.....and....	120 days - 1 year
With bodily injury or death	Fine	County jail or state prison
First conviction.....	\$375-\$1,000.....and....	90 days - 1 year
Second conviction.....	\$1,000-\$5,000.....and....	90 days - 1 year
Third conviction.....	\$1,000-\$5,000.....and....	2, 3 or 4 years

GIVING A HOLIDAY PARTY?

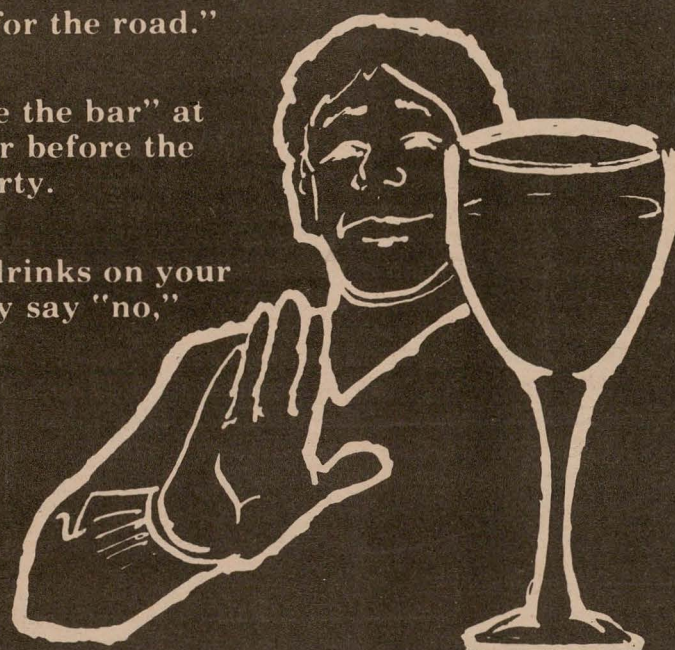
Be a friend first ... then a host or hostess.

Provide non-alcoholic drinks for your guests who may not want alcohol.

Offer coffee or soft drinks for the "one for the road."

Plan to "close the bar" at least one hour before the end of the party.

Never force drinks on your guests. If they say "no," don't insist.



Never let a guest drive away from your party under the influence. Ask someone to drive him or her home, or call a cab.

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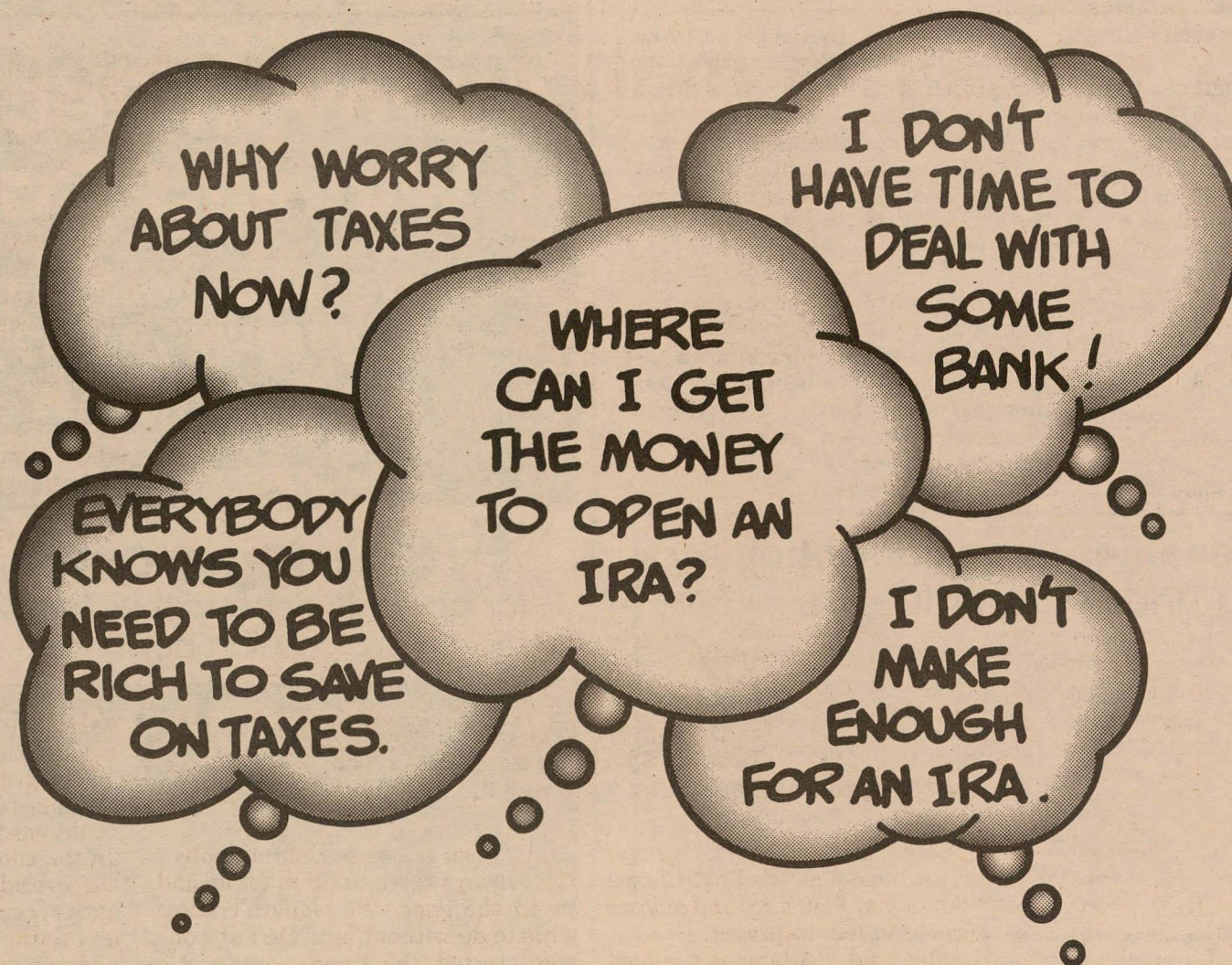
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Feature

Service makes 'a man for all seasons'

story and photo by Bob Walker

'The man for all seasons' is what many call him...

A retired sergeant first class, Jack Adams keeps busy serving others and filling other's needs. He works on the retired military council, whose advice for support to the retired military community goes to Washington, D.C. He also works on the commissary council as a representative of retired military people.

Adams also does a great deal of work for the post chapels. He prepares the bulletin for the 9 and 11 a.m. Protestant services, selecting hymns, confessionals and as he said, "the appropriate parts" of the bulletin. He selects the scripture reader and organizes the ushers at the Main Post Chapel. He said that he assists the post chaplain in his duties, including all elements of the communion and supervising service functions.

Chaplain (Maj.) Roger Bradley said, "Jack Adams is a tremendous integral part of the religious community here at Presidio. He supports the ministry of chaplains in many ways and when we need a person to be a catalyst or a spiritual resource, he's been very effective in following through. He can always find volunteers to join spiritual forces for God to perform a miracle."

According to Bradley, Adams was the first person he called about Pam Walker's recent accident. As an outcome, a prayer circle was started to see to the needs of others, whatever



Jack Adams delivers a sermon from the pulpit.

those needs might be. The prayer group now meets at the Post Chapel each Sunday at 8:40 a.m. and anyone is welcome to join in prayer.

Bradley said, "Adams is the post chaplain's right-hand-man for the 9 p.m. services as a lay minister, he's a Johnny-on-the-spot for the Chapel of Our Lady also. He also fills in for the post chaplain at the Community Luncheon."

Bradley added that "Adams is a Christian witness here. He's a sensitive and a caring person."

Chaplain (Lt.Col.) George Gogl

said, "Jack is one our old standbys. He's always there to fill in for us and to fill the gaps. We wouldn't know what to do without him. He's the one who started the prayer group. He decorates both the Post Chapel and the Catholic Chapel at Christmas and Easter. Plus, he's the head gardener at both chapels."

These are but a few of the things Adams does for Religious Activities. He has also helped with the flag program at the Post Chapel, where the historic regimental flags are being replaced with replicas. Money for the

flags come from private donations.

Adams said, "I have a commitment to respond to the needs of the retired community, especially retired folks with personal needs. I make hospital visits and do errands such as taking retired people shopping. I get to the hospital to let them know we know they are there and that the post chaplain will come to see them later on."

But why does Adams do all of these things?

According to Adams it's because of the satisfaction of helping others—what being a Christian is all about.

Yet Adams doesn't take all the credit for his accomplishments. He said, "I couldn't do all of this without my wife and retired Air Force Lieutenant Colonel. Richard Allphin. Allphin is committed to the chapel program and is the head usher there."

According to another chaplain, "Adams is a man for all seasons. You could never in a thousand years sum up the contributions he has made to the Presidio. He's involved with the entire community, both Protestant and Catholic, and the retired military and community activities in general. He's like having a half dozen people added to the staff. At times he's a chaplain, a First Sergeant, a gardener, a manager and an engineer."

Yes, it does appear that Adams is a man for all seasons. His contributions have certainly had a large and positive impact on the Presidio community as he helps others!

Holiday plants can kill

by Thomas Squier

Every year at this time the papers carry articles about the dangers of poinsettias and mistletoe around the house. That is because every year about this time, some parent has to rush a child to the hospital with muscle spasms, cramps and vomiting from eating poinsettia leaves (the red 'flowers' are really leaves) or who is unconscious after swallowing mistletoe berries. Sometimes the child dies.

Both of these plants are beautiful traditional holiday decorations and can be safe with a little care.

In the Army's survival course, the edible/medicinal plants instructor warns that if you don't positively know what you are eating, the color 'white' can be a danger signal.

Many poisonous plants have white berries or white, milky sap.

There is no known medical use for the poinsettia plant which has white sap. When ingested, the poinsettia causes violent stomach upset and, rarely, death.

The white berries of mistletoe contain a central nervous system depressant which has been used as a sleeping aid by herbalists, but their dosage is very unstable and infants and pets have died after eating as few as three berries.

What does all this mean? Keep the poinsettia high enough that toddlers won't be able to reach them and watch for falling berries as the mistletoe dries out—or hang it in a plastic bag.

Have a beautiful, safe Christmas.



At the movies

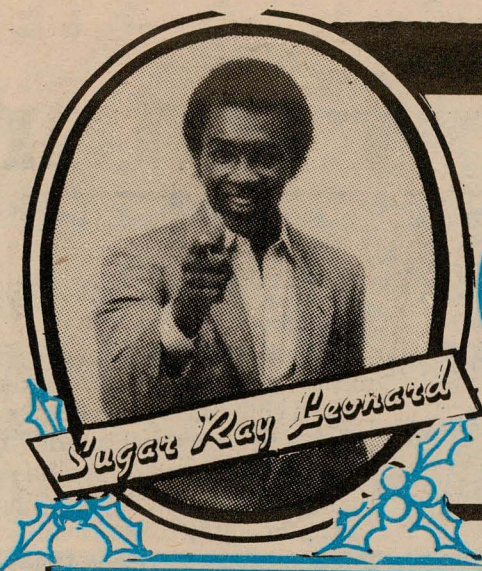
Presidio Theater

Fri.,	Dec. 14	Crimes of Passion (R)	7 p.m.
Sat.,	Dec. 15	Terror in the Aisles (R)	7 p.m.
Sun.,	Dec. 16	Hanky Panky (PG)	2 p.m.
Sun.,	Dec. 16	Terror in the Aisles (R)	7 p.m.
Mon.,	Dec. 17	Terror in the Aisles (R)	7 p.m.

Tues.,	Dec. 18	Footloose/Staying Alive (PG)	7 p.m.
Wed.,	Dec. 19	Footloose/Staying Alive (PG)	7 p.m.
Thurs.,	Dec. 20	Thief of Hearts (R)	7 p.m.

Schwartz Theater

Mon.,	Dec. 17	Crimes of Passion (R)	7 p.m.
Wed.,	Dec. 19	Terror in the Aisles (R)	7 p.m.
Thurs.,	Dec. 20	Footloose/Staying Alive (PG)	7 p.m.



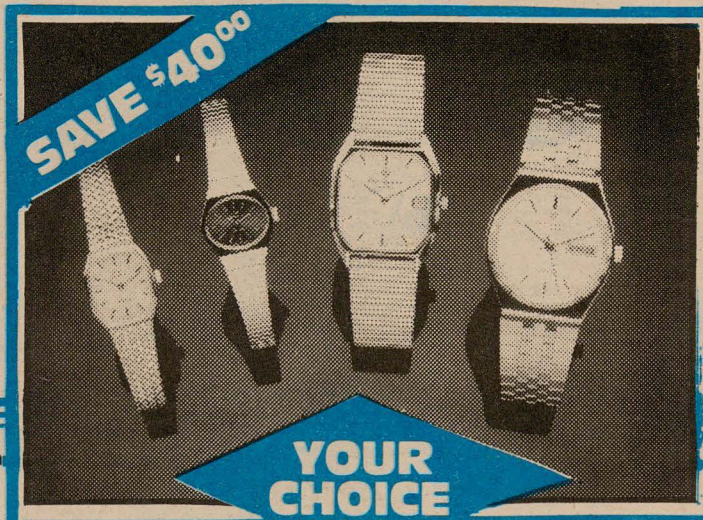
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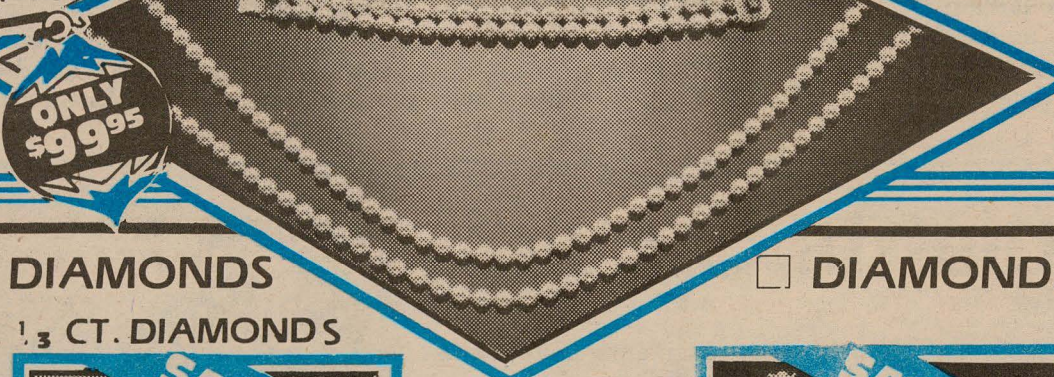
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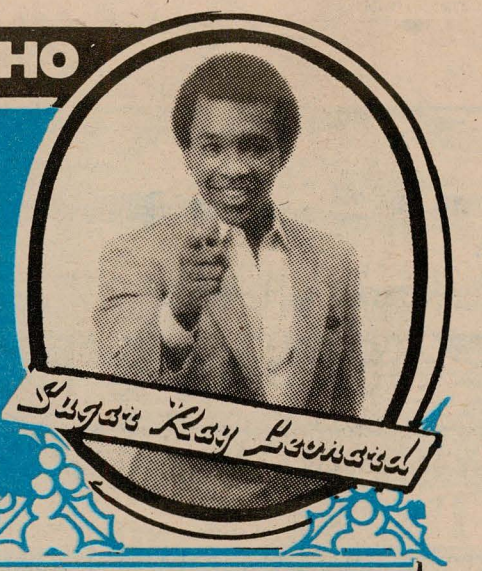
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Weekend ski trip

Skiing is heavenly at Tahoe

story and photos by Bob Walker

Twenty-six Presidians braved the elements December 7, 8 and 9 at Lake Tahoe going on Outdoor Recreation's first ski trip of the season.

It all started at 4 p.m. on December 7, when the people gathered at the Outdoor Recreation building. Once on the road in the chartered bus, many people began popping corks and bottle caps to get into the spirit of the trip in their own way.

The roads were clear all the way to the Condor Lodge where everyone rested their soon-to-be weary bones. Upon arrival at the lodge, they were greeted with a "welcome Presidio" sign and by a hostess who explained their services and what was available in the area for skiing and gambling.

At 8:30 a.m. the next morning, the skiers were on their way to the slopes at Heavenly Valley for a full day of skiing. Skiers on the trip ranged from beginners to the very skilled.

Plans to go to Caesars Tahoe for a dinner buffet were scrapped when Outdoor Recreation's trip coordinator Tim Areja discovered that John's Tahoe Nugget would provide a dinner buffet free of charge. Many people said that the food selection was large, and that it was very good; some really enjoyed going back for more.

After dinner the gambling began; at least a couple of women won over \$100 each on the slot machines. One by one people headed back to the lodge as they had their fill of casino activities.

On Sunday, December 9, all were ready to go again, bright and early. Most went to the slopes,

while others went back to the casinos. Probably the most skilled skier on the trip was Anna Marie Martin-King, a native of Austria, she was once a racer. She commented that she had the best time ever at Heavenly Valley and that Heavenly is one of the best ski areas in the world.

By 5:30 p.m. everyone was back at the lodge and had all of their belongings loaded on the bus. As the bus left Tahoe, the temperature was a mild 41 degrees Fahrenheit. The weather couldn't have been better for the weekend of skiing.

It started to rain on the way back to Presidio. The skiers stopped and ate at Sam's Restaurant on the way home (as they did on the way to Tahoe).

Sam's has an "Old West" atmosphere with a taste of modern day.

So after hearing about all the fun that was had, do you wish that you had gone too?

If so, don't feel bad. More trips have been scheduled and the cost is to remain the same—\$55 for non-skiers and \$60 for skiers. The costs include ski equipment for skiers, transportation and lodging. Lift tickets and meals are at your own expense. The next trip is scheduled for January 18, 19 and 20 at Heavenly Valley with lodging at the Condor Lodge again.

The ski trips are open to active duty soldiers, family members, reservists and DoD civilians. For more information call Outdoor Recreation at 561-4324/4356 or stop by at bldg. 92. You too can have the chance to brave the elements and show your talents on the slopes!



This young beginning skier takes no chances on head injuries.



The Condor Lodge welcomes Presidians with their sign.



The National Ski Patrol prepares to rescue two mock accident victims on the slopes.



Skiers go up the slope on a ski lift so they can swoosh down the mountainside.



Youths receive skiing instruction at the



Some skiers take a spill in stride, while others remain afoot.



Heavenly Valley ski class.



Heavenly Valley's tram provides a fantastic view of the Lake Tahoe area.

Community Calendar

Christmas activities

The holiday season is for everyone, even old Scrooge himself and the Presidio has activities for people of all ages. To help you get into the spirit of Christmas, the following activities have been planned.

From now through December 24 you may have your presents gift wrapped at the PX, with proceeds going to the Army Community Service, the Letterman Woman's Auxiliary, the Enlisted Spouses Club and the Presidio Officers' Wives' Club.

Tonight the Recreation Center's Motorized Cable Car Tour of San Francisco tours the city from 6 to 9 p.m. The tour costs \$10.

There will be plenty of excitement tomorrow from 10 a.m. to noon at the Children's Christmas Party sponsored by Youth Activities and the Girl Scouts at the Log Cabin. In Roger Ford's magic act, he will get the children to help him perform his tricks. Three Disney cartoons will be shown; fruit, gifts and a candy cane will be given to each child. Janie Smith will lead some Christmas songs and Santa will make his appearance. Prizes will be awarded also. The party is for kids, ages 4 to 12, of active duty or retired soldiers.

The 40+ Singles Christmas Party is also tomorrow from 6 to 11 p.m. at the Recreation Center.

Parents Night out is tomorrow night from 7 to 11 p.m. for children up to 12 years old. Emphasis is on parents and children in the Pershing housing area and is sponsored by Religious Activities.

Sunday at 10 a.m. a puppet show will be given by Religious Activities and at 7 p.m. the handbell choir will perform.

Monday, Religious Activities will go caroling to Veterans Administration patients and will present gifts.

The Cub Scouts will take decorated potted Monterey Pines to LAMC while caroling there on Tuesday night.

The Cable Car Caroling sponsored by Religious Activities will go singing through housing areas starting at 7 p.m. on Wednesday.

The Singles Soldiers Supper will also be held on Wednesday at 5:30 p.m. at the Religious Activities Center.

"An Old Fashioned Christmas Caroling Service" will be held on Thursday at 7 p.m. at the Post Chapel. Performances will be provided by the Chapel Choir, the Handbell Choir, and instrumentals on the harp-sichord and flutes. It is directed by Mitch Covington.

A Spanish Christmas sponsored by the Recreation Center will be held on December 22 at 6 p.m.

A Teens Christmas Dance is on December 22 at 10 p.m. and is sponsored by Religious Activities.

An International Holiday Buffet, sponsored by the Recreation Center will be held December 23 at 6 p.m.

A handbell presentation put on by Religious Activities will be held on December 23 at 7 p.m.

A Christmas Eve Children's Mass will be held December 24 at 5 p.m.



photo courtesy Pickle Family Circus

Pickle Family Circus

Tickets are available for the Pickle Family Circus 10th Anniversary Holiday Show at the Palace of Fine Arts on December 31st at 2 p.m. This anniversary show stars clowns, trapeze, juggling, acrobat and trampoline artists as well as the finger-snapping sounds of the Pickle Family Circus Jazz Band. Tickets are available at the Recreation Center ITT Office in bldg. 385. Hours of operation are: 11:30 a.m. to 1 p.m. and 2 to 5:30 p.m., Monday through Friday. For information call 561-3992.

Candlelight services will be held at 5:30 and 7 p.m. at the Post Chapel on Christmas Eve.

Another International Holiday Buffet will be held December 30 at 6 p.m. at the Recreation Center.

The Cub Scouts will pick up their decorated potted Christmas trees from LAMC offices and plant the trees on post January 5, 1985.

The chaplains will distribute the traditional Christmas food baskets to all needy families here.

Even Scrooge would enjoy all of the activities we have here at this time of year. So what are you going to do for the holiday season?

The Graduate Record Examination (GRE)

The Graduate Record Examination (GRE) will be given Feb. 7, 1985 beginning at 7:30 a.m. at the Ft. Scott Education Center. This test is for active duty soldiers only. The registration fee of \$29 is payable by check or money order no later than January 4, 1985.

If you are interested in taking this examination, contact a counselor at the LAMC Education Center, bldg. 1007, 561-3692/4030, or the Ft. Scott Education Center, bldg. 1216, 561-4445/2974.

VEAP/College fund

If you are currently on active duty and eligible for the Veteran's Educational Assistance Program or the Army College Fund (ACF), you may lose your benefits if you do not participate before July 1, 1985. If you have contributed to your education fund in the past you will not be affected by the suspension of new VEAP/ACF enrollments, even if you have since removed your money from your account. Servicemembers who have never contributed to the VEAP/ACF

education fund are urged to deposit at least \$25 before July 1, 1985 in order to preserve this benefit option.

Questions about this and other benefit plans can be answered by counselors at the LAMC Education Center, 561-4030 or the Ft. Scott Education Center, 561-2974.

PSF Officers' Wives' Club

All college-age military family members are invited to the Presidio Officers' Wives' Club college mixer. It will be held Dec. 22 at 8 p.m. at Brig. Gen. Bixton's quarters, 341 Infantry Terrace. Bring a plate of goodies!

For information and reservations, please call Janice Muller at 921-3468.

Register by phone

The College of Marin and Indian Valley College are now accepting registration by phone, 9 a.m.-3 p.m., for students who want to attend credit classes for credit during the Spring Semester, January 14-May 28. Just call 883-2216 and ask for telephone registration.

A reference copy of course offerings is available at the LAMC and Ft. Scott Education Centers. Call 561-4030 or 561-2974 for more information.

College news

City College of San Francisco campus schedules are available at both Education Centers. The Spring Semester begins Jan. 11 and ends May 20. Costs for California residents or soldiers stationed here after January, 1984 pay only \$5 per unit for courses.

San Francisco State University's Winter Session begins January 2. This is an opportunity to complete a

course in three weeks or less. Daytime, evening, and weekend classes are available at a cost of \$64 per unit.

Registration is now in progress for on-post college courses from both of these schools. See a counselor at the LAMC Ed Center, bldg. 1007, or call 561-4030 or Ft. Scott Ed Center, bldg. 1216, at 561-2974.

YA ballet classes

Parents interested in having their youngsters, ages 6 and up, take ballet classes are invited to contact Helen Piernik, at 994-0681, between noon and 2 p.m. weekdays. Classes are held every Monday, Tuesday, or Thursday in building 1390, behind the Ft. Scott Chapel.

For more information, contact the Youth Activities office at 561-5143.

Rec Center news

The Recreation Center (bldg. 1331) offers:

- Motorized cable car Christmas tour, a 'San Francisco After Dark Spectacular' on Dec. 14, from 6 to 9 p.m.; cost is \$10.

- Ballroom dance every Monday from 7:30 to 9:30 p.m. at the Community Center (bldg. 1299); cost is \$3 per person.

- Computer Certification Class, Tuesday from 7 to 8:30 p.m.; 12 weeks for \$150.

- Levis and Laces square dancing every Wednesday at 7 p.m. in the Community Center; cost is \$24 a month.

- Bridge and bid whist on Thursday at 7 p.m. with instructor, Ophelia Hilton. Cost? FREE!!

- Adult ballet, jazz and tap dancing on Thursdays at 7 p.m. in bldg. 1299; cost \$24 a month.

- Piano and guitar; call the Recreation Center at 561-2000 (after 2 p.m.) for more information.

For more information about Recreation Center tours, classes and activities, call 561-2000 after 2 p.m.

The Presidio Recreation Center holiday schedule is as follows:

Open Christmas Eve, from 2 to 6 p.m.; Christmas Day from 2 to 9 p.m.; December 26th to 30th regular hours; New Year's Eve, from 2 to 6 p.m.; New Year's Day from 2 to 9 p.m. Come join the fun!

Military Days at Disneyland

Now through Dec. 24 are Military Days at Disneyland. Tickets cost \$10 for adults and are reduced from \$14. These discounted tickets are available at the ITT Office located in bldg. 385. Hours of operation are: 11:30 to 1:00 p.m. and 2:00 to 5:30 p.m., Monday through Friday.

Finance, Travel Section

Finance's Travel Section has cut its hours while the section's staff catches up on an extremely heavy workload, according to Travel Section chief, Mary Guthrie.

They are open from 11:30 a.m. until 4:15 p.m., Monday through Friday. The hours change went into effect Nov. 19.

Sports

Sports sign-ups

Come by bldg. 122, Youth Activities, and sign up for our Fall sports from 8 a.m. to 4 p.m.

Basketball—For grades 3-10, starting in December with competition beginning in January; cost is \$10.

Cheerleading—For grades 3-10, starting with practice in December and basketball games beginning in January. First come, first serve; cost is \$5.

Wrestling—For ages 6-16, starting in January with competition in March; cost is \$5.

At the time of registration, please bring your birth certificate—we do have family discounts.

We are also looking for experienced coaches and referees. If you enjoy being with kids, come join in on all the fun with the Youth Activities sports programs.

For more information, call the Youth Activities office at 561-5143.

Sports Branch holiday hours

(gyms, pool and bowling center) will be closed on Christmas Day and New Year's Day for the holiday season.

The following hours of operation will be in effect on Dec. 24 and 31, 84.

Post Gym 1, bldg. 63...9 a.m. to 4:30 p.m.

Post Gym 2, bldg. 1152...9 a.m. to 4:30 p.m.

Post Gym 3, bldg. 1226...9 a.m. to 4:30 p.m.

Post Swimming Pool, bldg. 1151...10 a.m. to 4 p.m.

Bowling Center, bldg. 1387...9:30 a.m. to 6 p.m.

Christmas holiday tournaments

The Sports Branch will hold the following tournament during the Christmas holidays, racquetball -



Skiers swoosh down the slopes at Heavenly Valley

Men's "A," novice, and Women's' handball, squash, volleyball - (Team), Basketball (Team), Cross Country Fun Run.

These contests are open to all active duty soldiers, adult family members, military retirees and retiree family members, and Presidio Department of the Army civilian employees.

The Cross-Country Fun Run will be held on Dec. 27 at noon at Post Gym 1, bldg. 63. The distances run will be 3,000 meters (1.9 miles).

A pre-tournament meeting will be held at Post Gym 1, bldg. 63 on Dec. 17.

The following pre-tournament meetings will be held as follows:

Squash.....	11:30 a.m.
Handball.....	11:30 a.m.
Racquetball.....	11:30 a.m.
Basketball.....	1 p.m.
Volleyball.....	1:30 p.m.

POC:	John Funes	561-5032
POC:	John Funes	561-5032
POC:	John Funes	561-5032
POC:	Chuck Hurd	561-2070
POC:	Tauaese Tauaese	561-4131

Intramural basketball results of last week's games

Dec. 3:

LAIR-46, DEH 2 - 44

Doctors - 51 - DLI - 36

LAMC, Co B - 55 - DPTSEC - 27

LEC - 43 - USAISC - 37

Dec. 5:

Vets Admin - 25, DEH 1 - 39

864th Engrs - 48, USAG - 47

6th Army - 72, MILPERCEN - 49

Doctors - 53, LAIR - 33

Upcoming practice game schedule

Dec. 17:

6 p.m. VA Vs. USAG

7 p.m. LAIR Vs. LEC

Outdoor Recreation

Guides/Instructors:

Outdoor Recreation is looking for qualified/certified guides and instructors. For more information call

561-4324 or stop by Outdoor Recreation, bldg. 92.

Ski orientation classes:

Classes on safety and maintenance for the remainder of December and January will be held at Outdoor Recreation, bldg. 92 at 5 p.m. on December 20, 1984, January 3 and January 24, 1985. Authorized individuals who anticipate using skis from Outdoor Recreation MUST attend one session prior to checking out skis, there will be no exceptions to policy. People who have previously attended a class at Presidio's Outdoor Recreation, are not required to attend.

Package ski trips:

Ski Trips No. 2, 3 and 4 are three-day trips to South Shore Lake Tahoe. Cost is \$60 for skiers and \$55 for non-skiers and skiers with own equipment. Cost includes transportation, lodging and equipment rental as specified. Ski lift tickets and meals are not furnished by Outdoor Recreation. Dates are as follows:

Ski Trip 2: Jan. 18, 19 & 20. Sign up by Jan 2, 1985.

Ski Trip 3: March 22, 23 & 24. Sign up by Feb. 28, 1985.

Ski Trip 4: April 12, 13 & 14. Sign up by March 25, 1985.

Space is limited, so choose your dates and sign-up now to be assured of the date desired.

Ski lift tickets:

Outdoor Recreation has military discount ski lift coupons for Squaw Valley for \$21, good ANY DAY of their 1984/85 ski season. Ski lift coupons for Alpine Meadows for \$17, good Sunday through Friday. Coupons are not good on Saturdays and these holidays:

December 24, 1984 - January 2, 1985.

February 16, 1985 - February 18, 1985

Coupons are redeemable at any ticket booth.

For more information, call or come by Outdoor Recreation, 561-4324, bldg. 92 between 8:30 a.m. and 5:00 p.m. Monday through Friday.

Jimmy the Freak

I've just returned from our nation's capitol, and let me tell you, that's one strange burg. All of the people there truly believe that the Redskins are the best team in football. Even the projected cut in pay for federal employees caused less of a stir than when I proclaimed the 49ers as Numero Uno. I let all of their insults roll off my back, which is easy to do when the home team is 14-1! Anyway, just keep in mind that those fanatics in D.C. have even influenced the color of the 'Skins' uniform—red-tape scarlet, and gold-brick metallic. Not to worry, the 'Niners are a shoo-in for the Super Bowl.

San Francisco 27 - Los Angeles Rams 16

It's unfortunate for Dickerson that he made his rushing record against the Oilers. Fred Dean and Company will be primed and loaded to stuff him like a Thanksgiving turkey. That choking sound you hear is from Rams fans trying to digest some old crow.

New York Giants 29 - New Orleans 14

Both teams might be "new," but the game plan devised by '01 Bum seems to have been created when Gabby Hayes was in diapers. The Saints are the only team who refuse to pass until it is at least third-and-thirty. Bum Phillips—poser boy for the Stone Age!

Denver 23 - Seattle 21

The Seahawks showed a little offensive weakness against the Chiefs last week. The Broncos' defense is much stronger than Kansas City's, so I look for several turnovers to make the difference in a very close game. Seattle is set up for some hard Knox!

Cincinnati 31 - Buffalo 20

The Bengals will win a spot in the playoffs by beating the Bills. Although I wouldn't reserve any airline tickets to Palo Alto if I was Paul Brown. The only reason they made it this far is due to the fact that the rest of their division smelled worse than a month-old haddock. (I know, I know...you've haddock with my predictions, haven't you?).

Chicago 3 - Detroit 0

Like you were expecting an offensive struggle? Listen, the way these two teams are going, the score could be even lower. If there are any more injuries for the Bears, Walter Payton may have to play all 22 positions. I wonder if he has a Class-B driver's license? Somebody has to drive the team bus, ya know.

Cleveland 40 - Houston 39

So.....(with these two powerhouses, what can I say?)

New England 27 - Indianapolis 7

It was gratifying to see that Baltimore finally got a professional team to move into town after all those years with Irsey and his zombies. New England has a little pride left for this last game, which is a whole lot more than the Colts have. And Frank thought this would be a "Kushy" job!

Green Bay 30 - Minnesota 17

Those imposters who played at Candlestick Park last week couldn't have been the same Vikings of Kapp and Tarkenton. Oh, well...you get what you pay for, I guess.

St. Louis 34 - Washington 24

Lomax is at least 10 points better than Theismann. The Cardinals deserve to be in the playoffs. The Redskins deserve to be in the Yukon. I can't wait to hear all the crying along the Potomac.

Los Angeles Raiders 31 - Pittsburgh 20

The Steelers just don't have it this year, I'm sorry to say. With their owner just this side of sainthood, you have to prefer them to a team whose owner is just this side of a bad neighborhood. Al Davis' life story will be filmed under the title of "Grease III."

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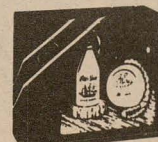
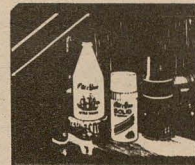


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